

# express



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Tuesday



Sarah Palin's daughter is five months pregnant.

**Family Matter:** Palin says teen daughter is pregnant | 4

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**Fine Point:** Portis says he'll drop costumes to skip fines | 10

ENTERTAINMENT

**Beat Poet:**

Travis Barker brings his drumming prowess to the world of hip-hop. Plus: Bloc Party, Annie Proulx and '90210'

>> 13-18



**OVERFLOW:** Water breaks over a barrier wall along New Orleans' industrial canal as a weakened but still dangerous Hurricane Gustav arrives on Monday.

## Gustav Tests New Orleans

City weathers storm's glancing blow, but flood risk remains

NEW ORLEANS | Hurricane Gustav slammed into the heart of Louisiana's fishing and oil industry with 110 mph winds Monday, delivering only a glancing blow to New Orleans that raised hopes the city would escape the kind of catastrophic flooding brought by Katrina three years ago.

That did not mean the state survived the storm without damage. A levee in the southeast part of the state was on the verge of collapse, and officials scrambled to fortify it. Roofs were torn from homes, trees top-

pled and roads flooded. More than 1 million homes were without power.

But the biggest fear — that the levees surrounding the saucer-shaped city of New

Orleans would break and flood all over again — hadn't been realized. Wind-driven water sloshed over the top of the Industrial Canal's floodwall, but city officials and the Army Corps of Engineers said they expected the levees, still only partially rebuilt after Katrina, would hold.

But knowing that the levees surrounding the city could still be pressured by rising waters, no one was celebrating just yet.

"I don't think we're out of the woods. We still have to worry about the water," said Gerald Boulmay, 61, a St. Louis Hotel worker and lifelong New Orleans resident. (AP)

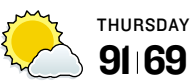


**STORM'S SHADOW**  
→ Republicans kick off their national convention in St. Paul with an appeal for aid for the victims of Hurricane Gustav | Page 6



DO YOU THINK SARAH PALIN WILL BE AN ASSET OR A LIABILITY FOR JOHN MCCAIN? A ASSET B LIABILITY

TO CAST YOUR VOTE, VISIT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR FRIDAY'S POLL RESULTS, SEE PAGE 28



TODAY: Hot but comfortable with low humidity and plenty of sun | 30

# eyeOpeners

## INTOLERANCE

### Witch Hunts, Torches Banned

Behold, the future is being revealed, and it looks bright for fortune-tellers, clairvoyants, tarot card readers and anyone claiming to contact spirits in this corner of northern New England. Soothsaying might still be banned in some parts of the United States, but St. Johnsbury, Vt., has repealed the ordinance against peering into the future that it had on the books since 1966. Fear of fraud has prompted many communities to ban fortune-telling, but critics say it's not the government's place to decide whether such personal beliefs or practices are fraudulent. (AP)



## VENUES

### Man Employs Impeccable Logic

It was a first for a St. Joseph Township, Mich., funeral home. Jason and Rachael Storm held their wedding at Starks and Menchinger Family Funeral Home, where he is a funeral director. Their reception, including dinner and dancing, also was held at the funeral home. "This room is usually filled with sadness and contemplation, but today it is filled with joy and celebration," the minister said. Jason Storm, 24, doesn't see much difference. "I look at it as, if you go to a church and get married, how many caskets do you think have been rolled down that aisle?" he said. (AP)



## STUNTS

### A Bum Rush

Fewer than 300 women turned up Southend-on-Sea, England, Sunday to attempt to break the record for the greatest number of women in bikinis being photographed in the same place at the same time. The final figure fell well below the current record of 1,010. The event was co-sponsored by the tastefully named Maxcleavage.com, a maker of gel-filled bras. Contestants donated one pound of money each to the Southend University Hospital Breast Unit. (EXPRESS)

## SECRETS

### Undersea Tunnel To Lake Completed

There's no telling what might turn up in Lake Michigan. Rich Fasi of Traverse

City says he found a dead 2-foot-long shark in the water while fishing on West Grand Traverse Bay. The saltwater fish was a juvenile blacktip shark, said Mark Tonello of the Michigan Department of Natural Resources. Tonello

said someone might have caught the shark off the Atlantic Coast and kept it on ice while bringing it to Michigan. Another possibility is that the shark was dumped by someone who had kept it as a pet. (AP)

## PUBLIC HEARING on Proposed Revisions to Stormwater Fees

Monday, September 15, 2008, 6 - 9 PM

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The District Department of the Environment (DDOE) is proposing an increase in the stormwater fee to meet new U.S. Environmental Protection Agency requirements to control the flow of pollution into the District's streams and rivers from the separate storm sewer system. DDOE proposes that this rate change take effect on October 1, 2008.

Individuals or representatives of organizations  
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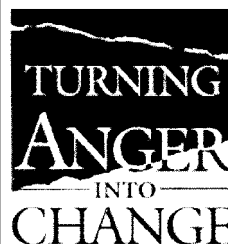
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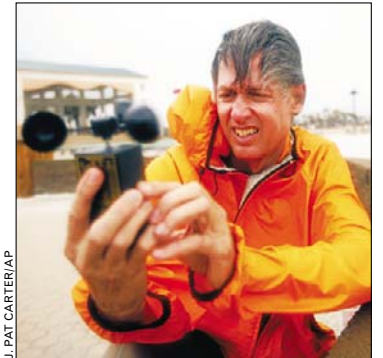
“At least one bright note — if there’s any bright note in having two hurricanes — is that it’s not coming on the same location.”

—Michael Chertoff, homeland security secretary, on Hurricanes Gustav and Hanna

## Nation



**HOLDING STRONG:** Water breaks over the I-wall along the industrial canal as Hurricane Gustav arrives in New Orleans, La. Minor flooding was reported in parts of the city.



Larry Ball measures the wind gusts from Gustav at Pensacola Beach, Fla.

# Levees Hold but Remain Vulnerable

## Hurricane Gustav highlights challenges facing Army Corps

NEW ORLEANS | Waves crashed high against flood walls Monday, and New Orleans’ rebuilt levee system survived its first hurricane in three years, but Gustav exposed weaknesses the Army Corps of Engineers won’t plug anytime soon.

Gustav was no Katrina. It was smaller, and the worst rain and wind missed New Orleans. Its storm surge — between 10 and 15 feet lower than Katrina’s — entered New Orleans through navigation



Evacuee Bill Mullins sleeps with his 3-month-old son, Harley, at a shelter in Lufkin, Texas. Mullins and his family left Woodville, Texas, to avoid Hurricane Gustav.

channels in the east and washed over the Industrial Canal.

The Industrial Canal has been

characterized as the Achilles’ heel in the system, and the corps is spending \$700 million on a barrier at its

“Gustav should be a lesson that tells us we have to keep moving.”

RAY SEED, LEVEE EXPERT

mouth to stop surges. But the barrier won’t be in place until at least 2011. On Monday, water overtopped parts of the canal’s flood wall, causing minor flooding in some parts of the Ninth Ward.

Another major weakness in

the flood protection system is in the area known as the West Bank, where almost 200,000 live. Gustav was expected to seriously test those levees, as the water will continue to rise into the evening hours. The corps has repeatedly said it may be the city’s weakest flank.

By Monday evening, however, the threat to most of New Orleans had subsided, and officials felt confident the city would be spared flooding.

“All the walls have performed as they were designed to,” said Maj. Tim Kurgan, a corps spokesman.

But Gustav didn’t even test some potential trouble spots. The corps did not have to close newly installed floodgates on three drainage canals in New Orleans because water levels in Lake Pontchartrain never got high enough. Two of the canals were breached during Katrina and caused widespread flooding.

“The great danger is that people will become complacent,” said Ray Seed, a levee expert with the University of California-Berkeley. “Gustav should be a lesson that tells us we have to keep moving.”

# Manassas

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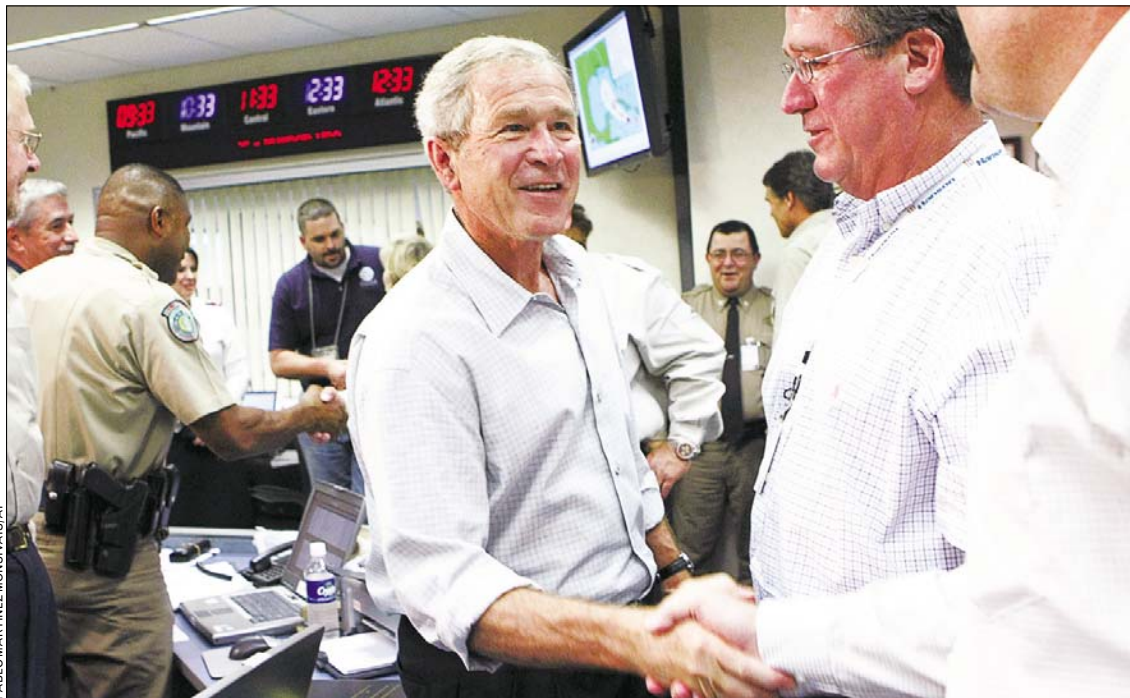


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EXECUTIVE OFFICE OF THE MAYOR**Nation****47****The amount, in millions of dollars, Sen. John McCain's campaign raised in August. About \$10 million of the donations came in after Gov. Sarah Palin was named his running mate.**

President Bush greets personnel at the Texas Emergency Operations Center on Monday after a briefing on Hurricane Gustav.

**Bush Lauds Gustav Work****President commends  
Gulf Coast states for  
coordinating response**

AUSTIN, TEXAS | President Bush said Monday that coordination among states and the federal government in response to Hurricane Gustav has been better than during Katrina, which devastated the Gulf Coast in 2005.

At an emergency operations center in Austin, Texas, Bush said the federal government's job was to assist states affected by the storm.

He said he wanted to ensure that assets were in place to handle the aftermath, and that preparations are being made to help the Gulf Coast recover.

"The coordination on this storm is a lot better than on — than during Katrina," Bush said noting how the governors of Alabama, Louisiana, Mississippi and Texas had been working in concert. "It was clearly a spirit of sharing assets, of listening to somebody's problems and saying, 'How can we best address them?'"

He lauded Gulf Coast resi-

dents who heeded warnings to evacuate.

"It's hard for a citizen to pull up stakes and move out of their home and face the uncertainty that comes when you're not at home, and I want to thank those citizens who listened carefully to their local authorities and evacuated," Bush said.

"This storm has yet to pass. It's, you know, it's a serious event."

Later, at another command center in San Antonio, Bush made a plea for Americans to help support recovery efforts by donating to relief agencies. BEN FELLER (AP)

**Palin's 17-Year-Old Child Is Pregnant****McCain VP says her  
daughter will keep the  
baby, marry the father**

ST. PAUL, MINN. | Sen. John McCain's running mate, Alaska Gov. Sarah Palin, said Monday that her 17-year-old unmarried daughter is five months' pregnant, an announcement campaign aides said was aimed at rebutting Internet rumors that Palin's youngest son, Trig, born in April, was actually her daughter's.

A statement released by the

campaign said that Bristol Palin will keep her baby and marry the child's father.

"Our beautiful daughter Bristol came to us with news that as parents we knew would make her grow up faster than we had ever planned. We're proud of Bristol's decision to have her baby and even prouder to become grandparents," Sarah and Todd Palin said in a statement.

McCain advisers said Palin told them about the pregnancy during lengthy discussions about her background.

Advisers said Palin's daughter should be afforded privacy like the other candidates' children. Said McCain adviser Steve Schmidt: "If people try to politicize this, the American people will be appalled."

In Monroe, Mich., Democratic presidential nominee Sen. Barack Obama condemned rumors involving the children of candidates and echoed the McCain campaign argument. Said Obama: "I think people's families are off-limits, and people's children are especially off-limits."

LIZ SIDOTI (AP)

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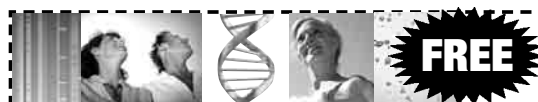
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# Nation



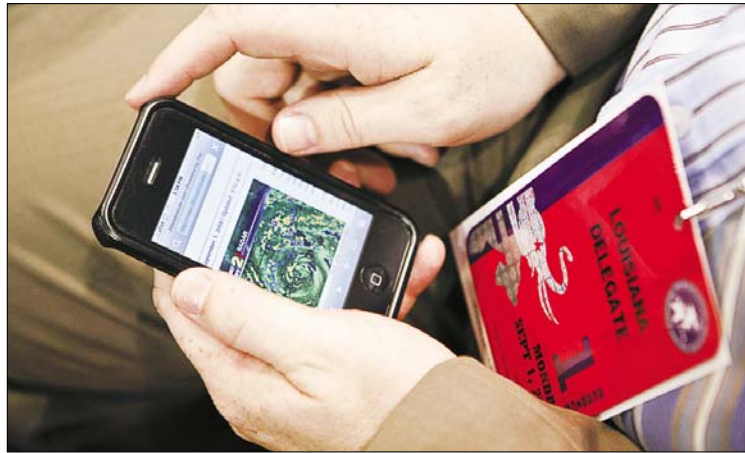
**MONEY WALKS:** New York City police say a man suspected in a string of 31 bank robberies found a novel place to stash his loot: inside his shoes. Police say they found \$3,500 hidden in the man's footwear after arresting him in an unrelated harassment case.

## Republicans Appeal for Gustav Aid

Convention begins in subdued fashion as storm hits Gulf Coast

ST. PAUL, MINN. | Republicans staged a subdued opening to their storm-shadowed national convention on Monday, seeking aid for the Gulf Coast victims of Hurricane Gustav as well as support to send Sen. John McCain to the White House.

The convention was less than 15 minutes old when Mike Duncan, chairman of the Republican National Committee, asked delegates to use their cell phones to



Republican delegate Chris Ingram of Baton Rouge, La., checks the status of Hurricane Gustav Monday at the Republican National Convention in St. Paul, Minn.

text a five-digit code that would make a donation to the Red Cross for victims of the hurricane.

The opening day convention program was shorn of political rhetoric, and trimmed to 2½ hours from an intended seven in deference to the threat posed by Gustav.

Rather than a keynote address or other political oratory, the convention programmers gave McCain's wife, Cindy, and first lady Laura Bush top billing to make televised appeals for help for hurricane victims.

Hundreds of miles away, McCain visited a disaster relief center

in Waterville, Ohio, helping pack cleaning supplies and other items into plastic buckets that will be sent to assist residents of the Gulf Coast area. He said he hoped people would respond to the hurricane by "using whatever gifts we have to help our fellow Americans."

Democrats also swung their attention to the hurricane.

Obama urged his supporters to donate to the Red Cross to help victims of Gustav. In a mass e-mailing — and the same text-messaging system he used to announce his vice presidential pick — he asked them to "please give whatever you can afford, even \$10, to make sure the American Red Cross has the resources to help those in the path of this storm." DAVID ESPO (AP)

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**BORED WITH WILLIAM:** The Sun newspaper said it was offered more than 40 photographs of Britain's Prince William and his girlfriend, Kate Middleton, while the couple were vacationing on the Caribbean island of Mustique. The Sun passed; instead, it opted to call Scotland Yard.

## World

# Anbar Transfer a Milestone in Iraq

## U.S. hands over control of formerly war-torn province to Iraqis

**BAGHDAD** | American forces on Monday handed over security responsibility to the Iraqis in a province that the U.S. once feared was lost — a sign of the stunning reversal of fortunes since local Sunnis turned against al-Qaeda in Iraq.

But Ahmed Abu Risha, a Sunni Arab leader, criticized the Shiite-led government of Prime Minister Nouri al-Maliki for failing to embrace its newfound allies, underlining the threat that sectarian tensions still pose to a lasting peace.

Nevertheless, the transfer of Anbar province, the cradle of the Sunni insurgency and the birthplace of al-Qaeda in Iraq, marked a dramatic milestone in America's plan to eventually hand over all 18 provinces to Iraqi control so U.S. troops



Iraqi security forces parade at a handover ceremony at the government headquarters in Ramadi, Anbar, Monday. The U.S. transferred control of Anbar to Iraqis.

can go home. The 25,000 U.S. troops remaining in Anbar will focus on training Iraq's military and police forces and will be standing by to help if there is a surge in violence.

The ceremony was held under tight security in the center of Ramadi, the provincial capital where American troops fought ferocious battles with al-Qaeda and other Sunni insurgents until the tide turned in 2007.

"This war is not quite over, but it's being won, and primarily by the people of Anbar. Al-Qaeda has not been entirely defeated in Anbar, but their end is near, and they know it," said Marine Maj. Gen. John Kelly, the senior U.S. commander in Anbar.

ROBERT H. REID (AP)

### Battle for Anbar | Once-Bloody Province Returned to Iraqis

- Nov. 2003** Chinook helicopter shot down near Fallujah, killing 16 soldiers.
- Nov. 2004** U.S. launches a major assault to regain control of Fallujah.
- Sept. 2006** Tribal leaders set up Anbar Salvation Council to fight al-Qaeda.
- Jan. 2007** President Bush orders 20,000 more troops to Baghdad and Anbar.
- Sept. 1, 2008** U.S. gives Anbar to Iraqis; it's the 11th province to switch.

## Russians Protest At Funeral for Slain Journalist

**MOSCOW** | More than 1,000 angry mourners turned the funeral for a journalist critical of Russia's government into a demonstration Monday,



Yevloyev

accusing police of lying when they said he was accidentally shot by an officer.

Magomed Yevloyev died Sunday after a police car picked him up from an airport in Ingushetia province in Russia's volatile North Caucasus and then dumped him on the road with a gunshot wound in his head.

Up to 1,200 people came to the funeral, said rights activist Magomed Mutsolgov, part of the crowd. Armed traffic police surrounded the funeral site near Ingushetia's main city, Nazran. Some carried banners demanding the resignation of regional leader Murat Zyazikov and a fair investigation into Yevloyev's death. (AP)

### JERUSALEM | RAMADAN CELEBRATIONS BEGIN



**WELL-READ:** A Palestinian reads the Koran in front of the Dome of the Rock mosque at the al-Aqsa compound in Jerusalem on Monday, the first day of Ramadan. Israel will allow some Palestinians to visit the mosque during the holy month.

## EU Threatens to Delay Russia Talks

**BRUSSELS, BELGIUM** | European Union leaders warned Russia on Monday that talks on a wide-ranging political and economic agreement would be postponed unless

Russian troops pull back from positions in Georgia.

The threat to delay talks set for this month on the "partnership and cooperation agreement" with Russia

came after Britain and Eastern European nations held out for a tougher line. But Europe's dependence on Russian oil and gas ruled out stronger sanctions. "I think we found an excellent compromise," said German Chancellor Angela Merkel. (AP)



Japanese PM Yasuo Fukuda abruptly resigned Monday after a year in office.

## Unpopular Japanese PM Quits

### Poor polls, deadlocked parliament plagued Fukuda's short term

**TOKYO** | Japan's chronically unpopular prime minister abruptly resigned Monday after a yearlong struggle with a deadlocked parliament, leaving the weakened ruling party to grapple with a stalled economy and rising calls for snap elections.

The resignation of Yasuo Fukuda, 72, deepened a two-year stretch of political instability at the helm of the world's second-largest economy. It came only days after the government announced a stimulus package to counter flagging consumer spending.

Fukuda, who took office less than a year ago, said he was clearing the decks for a more popular successor to take over ahead of a tough special session in the parliament, where the ruling party controls the lower house and the opposition dominates the upper.

"We still have time before discussion of key policies starts in the upcoming parliamentary session, and this is the perfect timing not to cause people too much trouble," said Fukuda, trying to avoid a "political vacuum."

Fukuda suffered throughout from anemic public backing — the latest poll showed him with 29 percent support — and repeated embarrassment at the hands of the obstructionist opposition in parliament. (AP)



## World



"It's hard to explain the psychological effect this has on a prisoner, what it meant to know we hadn't been forgotten at a time when we thought we didn't exist."

—Ingrid Betancourt, who met Pope Benedict XVI Monday, saying he "was a light" during her time as a hostage.

# Even in Flood, Waters Divide India

**'Untouchables' remain a low priority in relief efforts after flooding**

TRIVENIGANJ, INDIA | In the two weeks since a monsoon-swollen river burst its banks, ancient prejudices have run just as deep as the floodwaters. India's "untouchables" are the last to be rescued — if at all — from a deluge that has killed dozens and made 1.2 million homeless.

Dalits, the social outcasts at the bottom of the Hindu caste ladder, have borne the brunt of the devastation as the rampaging Kosi River swamped hundreds of square miles in northern India after it overflowed and shifted its course dozens of miles to the east.

On Sunday, one Dalit, Mohan Parwan, ran up and down a half



Flood victims line up for relief goods in Madhepura, India, Monday. Flooding from a monsoon has killed dozens and left 1.2 million homeless as many Dalits await aid.

destroyed bridge that has become the headquarters for rescue operations in this town near the border with Nepal, scanning arriving boats for signs of his family.

Dozens came in, but each time he was disappointed. "It's been six days, and since then no boat has come from the village," he said.

Dalits have long been shunned, holding a status so low they are considered outside the caste system that is all pervasive in India. When it comes to rescue operations, it appears Dalits are at the bottom, too.

In Triveniganj, a small group huddles together. They said rescuers were saving the upper castes and the rich first, leaving Dalits without food and clean water. "The officials don't listen to us little people," said Kishore Ram. "We can't offer bribes and influence." GAVIN RABINOWITZ (AP)

## Thai Protesters Threaten to Cut off Utilities

BANGKOK, THAILAND | State workers threatened Monday to cut off water, electricity and phone service at government offices and disrupt flights of the national airline in support of protesters trying to bring down Thai Prime Minister Samak Sundaravej. A coalition of 43 unions said it would cut off services to the government starting Wednesday.

Early Tuesday, a rowdy crowd of about 500 Samak supporters tried to rout members of the People's Alliance for Democracy from the Government House compound. Police and anti-government protesters stopped them, and fighting between the two sides ensued. One person died, and four others were in serious condition. (AP)

## UTERINE FIBROID EMBOLIZATION

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70

The approximate number of mosquito traps stolen from public sites in Fairfax County, Va., this summer. Officials say they are losing the battle against West Nile virus, and the loss of the \$300 traps is causing a threat to public health.

## Local

## In Brief



Snakehead fish, native to Asia, first turned up locally in Crofton, Md., in 2002.

## LA PLATA, MD.

### More Than 150 Snakehead Fish Found in Charles County

More than 150 snakehead fish have been found in Charles County. Officials with Maryland's Department of Natural Resources say the invasive predators were found last week in puddles near Mattawoman Creek, which flows directly into the Potomac River. The fish, which are native to Asia, first received local attention about six years ago when thousands were found in a Crofton pond. The fish can breathe air, survive on land, and adapt and thrive in foreign environments. (AP)

## WASHINGTON

### D.C. Police Test Bait Bike Operation in 1st District

District of Columbia police hope to quell a spike in bicycle thefts by using bait bikes to catch thieves. Cmdr. David Kamperin says he launched the operation because he's received several complaints of stolen bikes in the 1st District. Kamperin says of the first 10 theft arrests made in the program, seven of the suspects had extensive criminal records. He says bike thefts are related to other property crimes. (AP)

## BOWIE, MD.

### Officials Investigate Fire At Bowie Elementary School

Prince George's County authorities are investigating a fire that they say was intentionally set at an elementary school in Bowie. Firefighters say the blaze at Kenilworth Elementary School began about 11 p.m. Sunday in a storage closet and spread to the cafeteria walls. No one was injured. The Prince George's fire department says it took firefighters about an hour to extinguish the blaze. (AP)

# 'No Child' Worries Md. Teachers

## Educators try to meet increase in standards with tighter budgets

HYATTSVILLE, MD. | The first day of school in Prince George's, Charles, Montgomery, St. Mary's and other Maryland counties gave teachers jitters of their own about meeting 2008-2009 No Child Left Behind standards.

Paul Murdock, a teacher at Hyattsville's Langley Park-McCormick Elementary School in Prince

George's County, wanted to get his classroom in order — wondering where his desk and his library should be — while facing the prospect of being on the state's list of underperforming schools.

His mentor and fellow teacher, John Malter, said preparation and training helps, but it's not enough when the first day arrives.

"Your first week, you're not even thinking about your curriculum. You just want to survive," Malter said. "You're hoping those kids don't eat you alive."



Paul Murdock, 26, is a first-year fifth-grade teacher in Prince George's County, Md.

The county is improving test scores and is closer to getting off

the underperforming list created by President Bush's No Child Left Behind legislation.

But achievement gaps between students and tighter budgets will make it difficult to meet the yearly increase in standards expected of educators.

Still, Murdock, in his first teaching job, says he's having a good time. "Well, I'm a big kid, really. That's basically what it comes down to. I want to act in a silly way," he said. "This is one profession where you can be paid to be crazy." (AP)

## KENSINGTON, MD. | DOG DAYS COME TO A CLOSE



**PATRIOTIC POOCH:** Bean, a Boston terrier, sports an American flag as neckwear while taking in the sights in Old Town Kensington, Md., during the 41st Kensington Labor Day Parade and Festival Monday. The celebration featured dance groups, circus performers and the Montgomery Blair High School marching band in a parade along Kensington Highway.

## D.C. to Shift \$6M To Troubled Child Welfare Agency

WASHINGTON | D.C. officials are shifting \$6 million to the city's troubled Child and Family Services Agency, which is struggling with a surge of new cases.

The child welfare agency has faced a six-fold increase in cases reported since January, when Banita Jacks was found living with the corpses of her four daughters. Six social workers were fired for not responding to earlier reports about the family.

The extra money is needed to hire contract social workers to investigate backlogged cases, pay overtime costs and fund in-home services for children.

The money is coming from areas where expenses were lower than anticipated, including the city's charter school budget. (AP)

## More Regional Poll Workers Needed

WASHINGTON | Election officials in the Mid-Atlantic region are seeking to recruit more poll workers for what could be a record turnout in November.

A spokesman for D.C.'s Board of Elections and Ethics says city officials are hoping to have 2,200 poll workers Nov. 4, about 700 more than four years ago.

The Virginia State Board of Elections reports that despite a

summer push to attract workers, the state is still about 1,600 short of the number needed to handle the anticipated crush.

In Maryland, meanwhile, officials are seeking to recruit 4,000 more election judges than were on hand for February's presidential primary.

One difficulty in recruiting workers is the low pay for a long day of sometimes grueling work. (AP)

## The Lotteries

### Monday, Sept. 1

#### DISTRICT

|                              |                           |
|------------------------------|---------------------------|
| Mid-day Lucky Numbers        | 2-4-5                     |
| Evening Lucky Numbers (Sun.) | 4-7-7                     |
| Mid-day DC 4                 | 1-0-4-1                   |
| Evening DC 4 (Sun.)          | 2-4-9-0                   |
| Rolling Cash Five (Sun.)     | 8-27-28-31-35             |
| Daily 6 (Sun.)               | 1-9-19-21-29-38 Bonus: 33 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

#### MARYLAND

|                       |                         |
|-----------------------|-------------------------|
| Mid-day Pick 3        | 1-6-3                   |
| Evening Pick 3 (Sun.) | 9-9-2                   |
| Mid-day Pick 4        | 2-0-3-3                 |
| Evening Pick 4 (Sun.) | 6-9-9-9                 |
| Match 5 (Sun.)        | 15-20-25-27-34 Bonus: 8 |

#### VIRGINIA

|                       |                |
|-----------------------|----------------|
| Mid-day Pick 3        | 8-7-2          |
| Evening Pick 3 (Sun.) | 2-2-0          |
| Mid-day Pick 4        | 6-0-6-2        |
| Evening Pick 4 (Sun.) | 5-5-5-7        |
| Mid-day Cash 5        | 2-3-7-19-28    |
| Evening Cash 5 (Sun.) | 11-15-25-32-33 |



## Sports



**READY P... OR NOT:** Tom Brady is ready to play in the Patriots' opener but stopped short Monday of saying he would. "If it's up to me, there's no question" said Brady, who has a right foot injury and didn't play in any of four exhibition games, although he said he could have.

## Swengali

REDSKINS | BY MATT SWENSON

## Redskins Look Like a 6-10 Team

**TRY AS I MIGHT**, it's hard for me to be overly optimistic days before the NFL opener between the Giants and Redskins.

Jim Zorn's offense is going to be the Redskins' biggest liability this season.

Forget the preseason decline — though it was noticeably steep — or Derrick Frost's spot-on criticism that, clearly, management has more sway than the coaching staff on the opening day roster. Almost every time a new system is put in place, a team's offense struggles. Given this is a first-time head coach who never served as an offensive coordinator, a slow start should be expected.

The trouble is that if Washington digs itself a hole early, the sched-

**If Washington digs itself a hole early, the schedule doesn't offer much of a reprieve.**

ule doesn't seem to offer much of a reprieve.

The Redskins face all three of their division rivals on the road within the first five weeks. Let's say the powerhouse Cowboys split with the Redskins for rivalry purposes. The improved Eagles could be in a position for a sweep Dec. 21 if they are in playoff contention, as I expect. We'll give Washington a split with New York.

Outside the NFC East, home games against Pittsburgh and Cleveland, and a road contest in Seattle seem daunting. Wins should come against the Rams, Bengals and 49ers. Between the Cardinals and Ravens, there should be another victory.

That's it. It looks like a 6-10 season with hopes of drafting a stellar offensive lineman next April.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

## New Look but Still the Same Portis

Star running back says his days of dressing up are over — for now

**REDSKINS** | Clinton Portis wore an all-purple baseball cap into the locker room on Monday, his 27th birthday. Noticeable, but hardly anything that would shake up the fashion world.

When the running back held his regular session with reporters this week, he sat casually on the stairs — instead of standing and mugging for the cameras. C'mon, Clinton. Where's the showmanship? This should be right up your alley: The Redskins are facing the defending champion Giants in the Thursday opener.

"The NFL is hindering me on shining on this stage," Portis said. "They keep fining me for everything, so I really can't alter my uniform or have my swag for the game."

Make no mistake: Portis is still very much Mr. Fun, but he's had enough nagging from the league about his love for disobeying the uniform code. In a game in which his team gets to play the potential party-spoiler for the league champions, Portis laments that "everybody's going to look the same."

Of course, that won't stop Portis



Clinton Portis says Jim Zorn's offense, which uses the pass to set up the run, could result in big plays for the running backs.

from standing out in a crowd when he's not on the field. He did have an early birthday celebration Saturday night and offered the slightest of hints that he will one day again appear in costume such as "Southeast Jerome" and "Sheriff Gonna Getcha." "He might be back sometime," Portis said of Jerome.

If Southeast does make an appearance, it would likely mean that Portis is thriving in coach Jim Zorn's West Coast offense. Portis likes the fact that Zorn will often use the pass to set up the run, spreading the defense to open up lanes for potential huge gains.

Portis led the NFL last season

with 325 carries, but space was hard to come by in Joe Gibbs' offense, and he finished with a disappointing 3.9 average.

"With this offense, once we start rolling, it's going to be positioned to make plays," Portis said. "You make a guy miss, you can be off to the races." JOSEPH WHITE (AP)

## Sophomore Back Steals the Show

Maryland's ground game surprisingly outshines aerial attack

**TERPS FOOTBALL** | All summer long, Maryland's quarterbacks and wide receivers spoke excitedly about being part of the pass-oriented attack of offensive coordinator James Franklin, who installed a West Coast-style offense that was supposed to make the loss of standout running backs Keon Lattimore and Lance Ball far easier to take.

Sure enough, the first two plays of the season Saturday against Delaware were pass completions totaling 32 yards. Three hours and three quarters later, the Terrapins realized that their best offensive weapon just



RB Da'Rel Scott turned out to be one of the few pleasant surprises for Maryland.

might be a 5-foot-11 tailback whose sum experience before this season was 14 carries in a reserve role.

## Injury Report

→ Navy senior Jarod Bryant will make his second straight start at QB this weekend. Get full injury updates, team depth charts and breaking news | **Today, Sports**

**IN The Washington Post**

The 197-yard rushing performance of Da'Rel Scott concealed many of the flaws in Maryland's sputtering offense and helped the Terrapins beat Delaware, 14-7.

With Scott leading the way, the Terrapins ran for 271 yards and averaged six yards per carry.

And that much-discussed passing game? Well, 126 yards and two interceptions isn't exactly what Franklin was hoping for when he

drew up all those X's and O's.

Starter Jordan Steffy went 10-for-18 for 115 yards and two interceptions before being replaced in the fourth quarter.

"Uh, he played as good as he possibly can. I'm not going to be one to point fingers," center Edwin Williams said. "We're an offensive unit, so any mistake he makes is like us making a mistake."

It was a thumbs-down performance that ended with an injury to Steffy's right thumb.

"I knew he was hurt, so I got another guy and put him in," coach Ralph Friedgen said.

Chris Turner finished, going 1-for-3 for 11 yards. Josh Portis also played, running four times for 10 yards as a situational replacement.

"That's the great thing about it," Williams said. "We have great depth at that position." DAVID GINSBURG (AP)





**TEAM EFFORT:** Police say the son of Roger Clemens and two other minor league teammates were arrested and briefly jailed after a disturbance at a restaurant in Salem, Va. Koby Clemens, pictured, and Mark Ori were charged with disorderly conduct. Jimmy Goethals was charged with assault and battery.

## Sports

# Fish Reaches Quarters at U.S. Open

Unseeded American matches best showing ever at a Grand Slam

**TENNIS** | Mardy Fish kept rolling, reaching the quarterfinals at the U.S. Open for the first time with a 7-5, 6-2, 6-2 win over No. 32 Gael Monfils on Monday.

Playing in his ninth U.S. Open and coming off his upset over James Blake, Fish kept busy as his wedding approaches. He will marry "Deal or No Deal" model Stacey Gardner on Sept. 28 — she watched from his private box, minus her shiny No. 2 briefcase.

"I desperately wanted to play well here," he said. "Desperately."

Next up for Fish is Rafael Nadal, who withstood his first test at this U.S. Open, shifting into another gear to beat Sam Querrey 6-2, 5-7, 7-6 (2), 6-3 and match his best result at the tournament that's always bedeviled him.

Playing for the sixth year at Flushing Meadows, the No. 1



Mardy Fish was aggressive on Monday and beat No. 32 Gael Monfils in straight sets. His next opponent is Rafael Nadal, who has never reached a U.S. Open semifinal.

Nadal rallied to reach the quarterfinals. He got quite a workout — and a scare — from his unseeded, 20-year-old opponent.

"Very tough," Nadal said. "Sam is a big player, a big server. He has a great future."

Sixth-seeded Dinara Safina also moved into the quarters, beating Anna-Lena Groenefeld 7-5, 6-0.

Fish matched the best Grand Slam result of his career, having reached the quarters at the 2007 Australian Open. Ranked as high as No. 17 in 2004, the 26-year-old Fish has worked three years to recover from an injured wrist that required extensive surgery.

Fish was in command the whole way despite putting less than half of his first serves in play. He rushed the net at almost every opportunity, pressured Monfils and won many points with over-head slams.

"I knew I had to keep the points short," Fish said. "I'm never, ever going to beat someone like that from the baseline." BEN WALKER (AP)

## NFL Players Will Honor Upshaw On Their Jerseys

**NFL** | NFL players will wear a uniform patch this season to honor NFL Players' Association leader Gene Upshaw, who died Aug. 20.

The league announced Monday that the patch will have the initials GU and the number 63, which he wore while playing for the Raiders.

Upshaw died of pancreatic cancer just three days after he was diagnosed.

The patch will be worn on the left chest of jerseys and is scheduled to make its debut Thursday, when the Giants and Redskins open the season. Upshaw's wife, Terri, and his three sons will participate in the coin toss.

Upshaw made the Pro Football Hall of Fame in 1987 as the first player to play guard exclusively. He won two Super Bowls and made seven Pro Bowls in his 307-game NFL career.

He served 25 years as the executive director of the union from 1983 until his death. (AP)

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## Sports



"A questionable call gets a lot of people involved and a lot of peoples' hair on end. There may be a better way to try to avoid that." — **Brewers manager Ned Yost** says he wants MLB to change how it decides errors after a questionable call on Sunday ended CC Sabathia's no-hitter.

# K-Rod Closes in on MLB Save Record

Reliever may also be closing in on the end of his career in L.A.

MLB | No longer a pitching prodigy, K-Rod still is putting up prodigious numbers.

With 53 saves in 58 chances this year, the Angels' Francisco Rodriguez needs only four saves to match the major league single-season record set by Bobby Thigpen with the White Sox in 1990.

And Rodriguez still has a month to do it.

"I think I have the opportuni-

ty and I would love to get it done this year. This probably could be one of the last opportunities to do it," he said.

"At the same time, I don't want to sound selfish or like I'm thinking everything is about me. The goal is for us to win a championship."

John Smoltz, who had 55 saves for Atlanta in 2002, and Eric Gagne, who equaled that for the Los Angeles Dodgers in 2003, are 2-3 on the all-time list.

Rodriguez, who burst onto the scene as an electric-armed 20-year-old during the Angels' postseason run to the 2002 World Series title,



Francisco Rodriguez, 26, needs just four saves to tie the single-season record.

## MLB SCOREBOARD

**Yankees 13, Tigers 9**

**Marlins 4, Braves 3**

**Mets 4, Brewers 2**

**Rockies 4, Giants 0**

**Astros 3, Cubs 0**

also may be closing out his career in Anaheim. Nearing the end of his 2008 contract that was his latest in a series of one-year deals, he hasn't received what he considers a suitable offer from the Angels.

Rodriguez's 53 saves represent the

majority of Los Angeles' 83 wins this season, and both he and Angels management are not ruling out the possibility that he might remain with the team. But he had sought \$12.5 million for this season, but the Angels won the arbitration case and are paying him \$10 million. Yankees closer Mariano Rivera got a three-year, \$45 million deal last winter, while Minnesota's Joe Nathan signed a \$47 million contract for four years.

"I'm just going to explore what's out there," said Rodriguez, whose 185 saves are the most in the majors over the last four seasons. "It doesn't mean I don't want to be here. It's a right that every single player has, and I want to take my right to go out there and see what the market has for me." **KEN PETERS (AP)**



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## Nationals Win Streak Reaches 7 vs. Phillies

Zimmerman homers to help Redding pick up his 10th win of '08

NATIONALS | Ryan Zimmerman hit a two-run home run and the Nationals won their seventh straight game, 7-4 over the Phillies on Monday.

Starter Tim Redding didn't allow a hit in the first five innings for the Nationals, who are on their best streak since a 10-game stretch in June 2005.

The Phillies dropped two games behind the Mets in the NL East. New York rallied to beat Milwaukee 4-2.

The only two hits given up by Redding (10-8) came in the sixth, before he was lifted for a reliever. Redding allowed three runs in 5 2/3 innings. He hit two batters.

Redding's 10 wins is a career high, and he is the first Washington pitcher to reach the mark since



Ryan Zimmerman hit his ninth homer of the season Monday against the Phillies.

Ramon Ortiz did so in 2006.

Jimmy Rollins hit a solo home run, his 10th of the season, in the ninth for the Phillies.

Kyle Kendrick (11-8) got the loss, allowing six runs on eight hits in four innings.

While Redding held the Phillies hitless, the Nationals' offense quickly built its lead. **(AP)**

## TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON MASN2)** The Phillies are fighting for first place in the NL East. The Nats aren't making it easy on them.

**ORIOLES (7 P.M. ON MASN)** The Orioles are in Boston for their last series of the year

against the Red Sox.

**TENNIS (11 A.M. AND 7 P.M. ON USA)** The men's fourth round and women's quarterfinals of the U.S. Open continue in New York.





**STORM FRONT:** "Tropic Thunder" hauled in \$14.3 million to stay on top at the box office as Hollywood's solid summer wound down sleepily, with Hurricane Gustav contributing to a slow Labor Day weekend at theaters.

## Entertainment

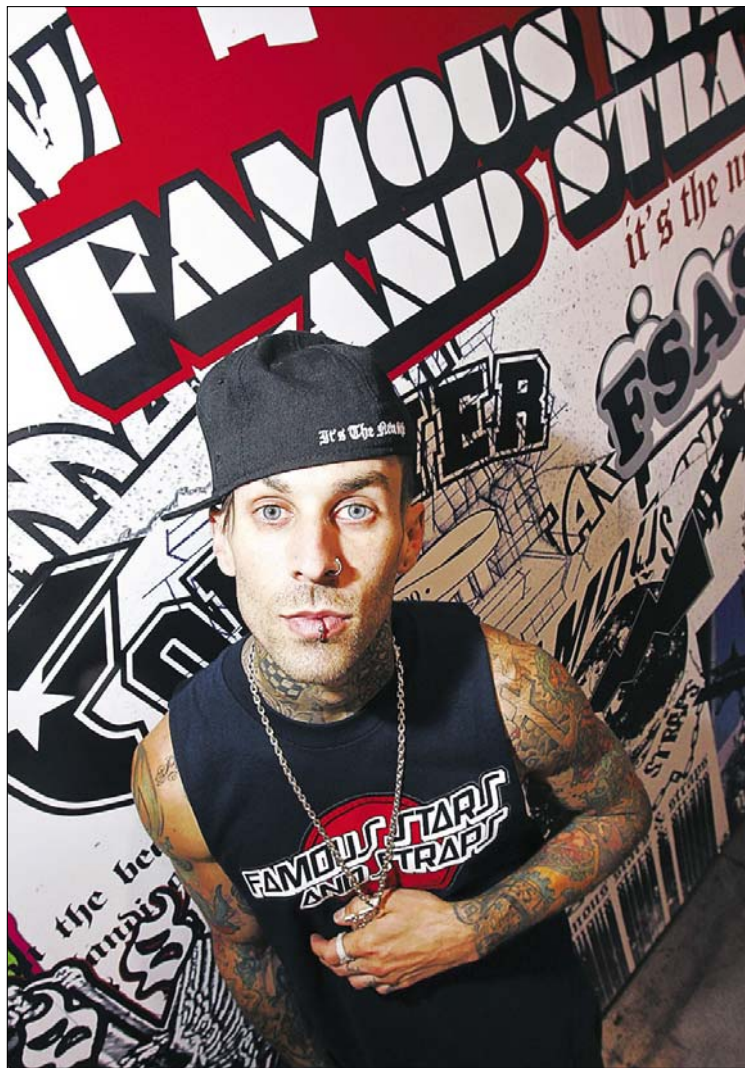
# The Call of Hip-Hop

### One-time alt-rockers Travis Barker gives a new genre his beats

**CALL ANSWERED |** With his spiky mohawk, cluttered canvas of tattooed skin and punk-rock pedigree stretching back to childhood, Travis Barker isn't exactly pleading to be taken seriously as a hip-hop head. A former drummer for the multiplatinum-selling power pop trio Blink-182 who also has done turns behind the kit for rock outfits including the Aquabats, (plus)44 and Box Car Racer, he boasts impeccable Warped Tour credentials and critical props as one of modern rock's most exciting, exacting percussion players.

But a funny thing happened when Barker posted a video of himself on YouTube last September drumming thunderously in time with Southern rapper Soulja Boy's smash-hit single "Crank That (Soulja Boy)." Almost immediately, it began to spread virally among hip-hop heads. Fast-forward a year: The clip has been streamed a whopping 17.5 million times, and no one is more surprised than Barker, who says he put it online as a means to a much simpler end.

"You might have heard some of my remixes but never known it was



**HE'S THE DOPEST:** We're not just saying that. Rapper the Game said so himself. He dubbed Travis Barker "the dopest drummer alive" — looks like he's fitting in nicely.

me," he said. "I thought, 'If I want my remixes to be popular, maybe I should use YouTube.' I never thought we'd get as many views as we did. I was tripping!"

And just like that, the greyhound-thin Southern California native has become one of the most sought-after musicians in hip-hop, having given his patented rock "remix" once-overs to a constellation of rap and R&B luminaries' songs. Among them, Barker's label-sanctioned remixes of Rihanna's "Umbrella," Busta Rhymes' "Don't Touch Me (Throw Da Water on 'Em)," the Game's "Dope Boys" and Flo Rida's "Low."

"He's the dopest drummer alive," said gangsta rapper the Game, summoning hip-hop's highest praise.

Moreover, Barker seems to be drifting even further from the rock flock by teaming up with in-demand, genre-hopping DJ AM to form a freewheeling rock-hip-hop hybrid known as TRV\$DJAM (check out Trvsdjam.com).

The duo — a kind of beat-driven version of the revolving-door rock collective Camp Freddy that already has hosted such high-profile guest stars as Paul Wall and Warren G — will serve as house band for the MTV Video Music Awards on Sept. 7. **CHRIS LEE (LOS ANGELES TIMES)**

## SOCCER DAD

*a father,  
a son,  
and a magic season*



**NICHE LIT:** The audience that appreciates this book will be small but pumped!

## Helicopter Parent Writing

**An obsessed father pens a book only the soccer savvy can read**

**BOOK |** In the first chapter of "Soccer Dad," a loving remembrance of his son's final year of playing soccer on a top-ranked high school team, W.D. Wetherell says he assumes that anyone reading the book "already understands and values soccer."

Consider that a warning.

Not so much the part about understanding the game, although you should be ready for such lines as, "A winger makes a brilliant little back heel to an overlapping back who scuffs the kick."

Rather, it's the part about the reader valuing soccer. Make that, loving soccer. A lot.

Wetherell's writing style produces some nice turns of phrase, as in his noting that many high school players look like they'd be happier if they could use their hands. But it can also get to be a bit much, as when he lists milestones his son's team could reach if it played well. He then observes that the team was preparing to "scale the treacherously sheer, dangerously icy cliff of 'If, where fate, just before the top, could hurl you into the abyss just for laughs.'"

**MALCOLM RITTER (AP)**

# Bloc Party Rages On

### A post-punk favorite adds a humorous bite to its list of assets

**MUSIC |** Of all the important things that the London post-punk outfit Bloc Party tried to do on its sophomore album, "A Weekend in the City" — confronting urban malaise, burgeoning sexual identity and the second-generation British immigrant experience, among them — the one thing singer Kele Okereke

forgot to do was to be funny.

Sure, Bloc Party won the 2005 dance-rock sweepstakes on its soaring choruses and Okereke's earnest love pangs. But its third album, "Intimacy," released digitally last week, introduces a new instrument: the well-timed zinger. Take, "Mercury," which snidely promises that "In any part of the world, from Silver Lake to Williamsburg, you can pick another stranger and fall in love." Rarely has a band's own audience been so cleanly gutted.

This vicious playfulness extends to the music, which trims off the excesses of "Weekend" while keeping the noisy electronica crush intact.

Fans awaiting another floor-filler like "Banquet" won't find it here. But the pleasures of "Intimacy" befit a band that tried to save the world and found it wasn't grateful. "I can be as cruel as you, fighting fire with firewood," Okereke deadpans. Maybe he's better with a dagger than he is with a bandage. **AUGUST BROWN (LOS ANGELES TIMES)**



They've been dance-y, they've been deep. Who knew sassy was next?



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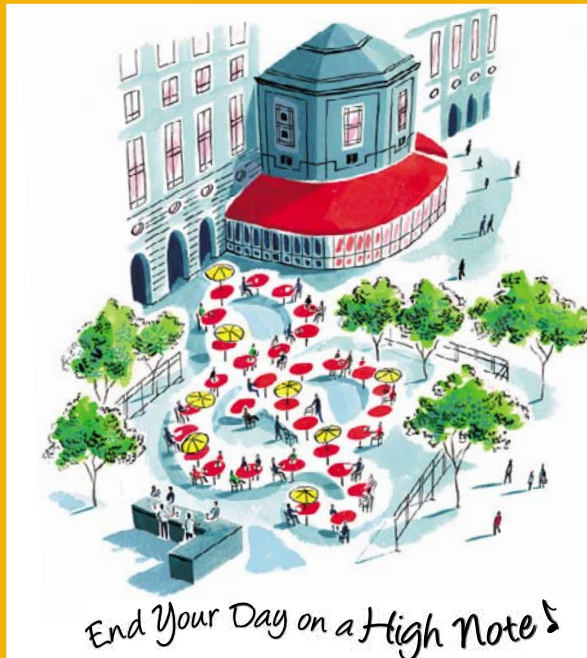


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7:25, 9:50

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#### DIGITAL 3D

FLY ME TO THE MOON 3-D (G) 2:15, 7:00

JOURNEY TO THE CENTER OF THE EARTH (PG)  
4:40, 9:20

THE DARK KNIGHT (PG13) 1:30, 4:10, 7:10, 8:15

COLLEGE (R) 1:10, 4:00, 7:30, 9:50

DISASTER MOVIE (PG13) 2:05, 4:30, 7:00, 9:15

TRAITOR (PG13) 1:25, 4:05, 7:30, 10:05

DEATH RACE (R) 1:40, 2:25, 4:20, 5:05, 7:00, 7:55, 9:40

THE HOUSE BUNNY (PG13) 2:30, 5:00, 7:45, 10:10

THE LONGSHOTS (PG) 2:00, 4:50, 7:35, 10:15

THE ROCKY (PG13) 9:35 PM

MIRRORES (R) 1:45, 4:30, 7:20, 10:10

STAR WARS: THE CLONE WARS (PG) 2:10, 4:45, 7:15

TROPIC THUNDER (R) 1:55, 3:00, 4:45, 6:10, 7:20, 9:00, 9:55

TROPIC THUNDER (R) 1:55, 4:45, 7:20, 9:55

PINEAPPLE EXPRESS (R) 1:20, 4:20, 7:15, 10:00

THE SISTERHOOD OF THE TRAVELING PANTS 2 (PG13) 1:20, 4:10

THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG13) 12:05, 2:55, 5:35, 8:25

STEP BROTHERS (R) 7:20, 9:45

THE DARK KNIGHT (PG13) 1:35, 4:55, 6:15, 8:20, 9:30

MAMMA MIA! SING A LONG (PG13) 1:50, 4:25, 7:05, 9:55

WALL-E (G) 1:15, 3:45

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VICKY CRISTINA BARCELONA (PG13) 2:45, 5:15, 7:40, 10:00

HAMLET 2 (R) 2:15, 5:20, 8:00, 10:15

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JOURNEY TO THE CENTER OF THE EARTH (PG) 2:35, 7:30

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**COMEBACK CAMEO:** Jennifer Aniston is currently filming a guest appearance on the NBC's "30 Rock." There were no immediate details on the role Aniston will play — herself or a fictitious character — or the episode's planned air date.

## Entertainment

# Go West, You Reader

## 'Brokeback Mountain' writer visits Wyoming and takes a trip to hell

**THE WEST** | It was Annie Proulx's award-winning "Brokeback Mountain" — a tale of love between two Wyoming cowboys — that became an Academy Award-winning film.

Her brilliant new book, "Fine Just the Way It Is," of nine short stories still centers on the state where she has lived for more than a decade — it's subtitled "Wyoming Stories 3." She has a marked soft

spot for ranch life and doesn't sentimentalize it.

"For Archie," she writes about one of her characters, "the work was the usual ranch hand's luck — hard, dirty, long and dull. There was no time for anything but saddle up, ride, rope, cut, herd, unsaddle, eat, sleep and do it again."

The stories are mostly melancholy, such as one about the young woman who breaks with her lover in a silly quarrel over iceberg lettuce. She refuses a reconciliation and starts alone on the long hike they had planned to take together



PHOTO CREDIT

over a dangerous, hardly used trail. Her adventure moves so rapidly and fatally that the reader does well to avoid going too fast and missing the beauty and vividness of a scene.

General sadness and a bitter final story about war in "Eye-rack" are tempered by two out of the nine. In those, the protagonist is no less than the Devil. An annoyingly fussy type, the Evil One becomes a vehicle for exposing some of the author's dislikes: the Tour de France, oddly enough, and air travel.

In one called "I've Always Loved This Place," he devises a new rou-

tine for arrivals in "the main Welcome to Hell foyer":

"(H)e or she would find combined features of the world's worst air terminals, Hongqiao in Shanghai the ideal," he says, "complete with petty officials, sadomasochistic staffers, consecutive security checks of increasing harshness, rapidly fluctuating gate changes and departure times and, finally, a 27-hour trip in an antiquated and overcrowded bucket flying through typhoons while rivets popped against the fuselage."

Some of the Devil's projects for the improvement of hell annoy Charon, the boatman from Greek mythology who ferries the dead across the river Styx.

"Fine just the way it is," snarls Charon, both silencing the Devil and furnishing the title for Proulx's book. CARL HARTMAN (AP)

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**THE ROCKER (PG-13)** (1100) AM

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**HOUSE BUNNY (PG-13)** (1200 225 450) 720 1010

**THE ROCKER (PG-13)** (1205) PM

**MIRRORS (R) - ID REQ'D** (155) 440 725 1015

**TROPIC THUNDER (R) - ID REQ'D** (1200 135 235) 410 515 700 810

**PINEAPPLE EXPRESS (R) - ID REQ'D** (115) 425 735 1035

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**DEATH RACE (R) - ID REQ'D** (115 330) 630 900

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**THE ROCKER (PG-13)** (145 400) 645 915

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**TROPIC THUNDER (R) - ID REQ'D** (130 415)

**SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)** 700 930

**PINEAPPLE EXPRESS (R) - ID REQ'D** (115) PM

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (115) PM

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**COLLEGE (R) - ID REQ'D** (125 355) 725 955

**BABYLON AD (PG-13)** (1115 130 400) 615 830

**TRAITOR (PG-13)** (135 430) 720 1025

**OC & DA: DEATH RACE (R) - ID REQ'D** (115 440) 650 915

**HOUSE BUNNY (PG-13)** (1235 140 315 420) 605 700

**DEATH RACE (R) - ID REQ'D** 835 940

**THE LONGSHOTS (PG)** (1250 350) 715 945

**HOUSE BUNNY (PG-13)** (1210 230 505) 735 1005

**THE ROCKER (PG-13)** 1015 PM

**VICKY CRISTINA BARCELONA (PG-13)** (110 415) 635 910

**MIRRORS (R) - ID REQ'D** (215 455) 745 1030

**STAR WARS: THE CLONE WARS (PG)** (150 425) 655 920

**TROPIC THUNDER (R) - ID REQ'D** (100 235 330 500) 600

**SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)** (1155) AM

**PINEAPPLE EXPRESS (R) - ID REQ'D** (1240 340) 745 1030

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (155 435) 710 950

**MAMMA MIA - SING ALONG (PG-13)** (1255 345) 645 935

**THE DARK KNIGHT (PG-13)** (1155 310) 705 1020

**WALL-E (G)** (1220 250 525) 750

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**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (115 330) 630 900

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**COLLEGE (R) - ID REQ'D** (120 345) 710 950

**TRAITOR (PG-13)** (115 415) 715 1000

**DEATH RACE (R) - ID REQ'D** (205 440) 805 1035

**OC & DA: DEATH RACE (R) - ID REQ'D** (102 325) 700 940

**THE LONGSHOTS (PG)** (140 405) 735 1005

**HOUSE BUNNY (PG-13)** (200 430) 755 1015

**THE ROCKER (PG-13)** (155) PM

**MIRRORS (R) - ID REQ'D** (340) 945

**STAR WARS: THE CLONE WARS (PG)** (105) 705

**TROPIC THUNDER (R) - ID REQ'D** (130 350) 725 1010

**PINEAPPLE EXPRESS (R) - ID REQ'D** (145 420) 800 1040

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (445) 745 1030

**THE DARK KNIGHT (PG-13)** (110 425) 740 1045

### BETHESDA 10

**7272 Wisconsin Avenue 800-FANDANGO 569#**

**BABYLON AD (PG-13)** (115 330 545) 800 1015

**TRAITOR (PG-13)** (1200 235 510) 745 1020

**HAMLET 2 (R) - ID REQ'D** (1200 215 430) 715 930

**DEATH RACE (R) - ID REQ'D** (1245 310 530) 800 1030

**HOUSE BUNNY (PG-13)** (1200 215 445) 715 940

**THE ROCKER (PG-13)** (1215) PM

**VICKY CRISTINA BARCELONA (PG-13)** (1245 300 515) 730 945

**STAR WARS: THE CLONE WARS (PG)** (1205 220 440) 700

**TROPIC THUNDER (R) - ID REQ'D** (1245 315 545) 815 1040

**PINEAPPLE EXPRESS (R) - ID REQ'D** 930 PM

**MAMMA MIA (PG-13)** (235 500) 730 1000

**THE DARK KNIGHT (PG-13)** (1210 330) 700 1015

### BOWIE STADIUM 14

**15200 Major Lansdale Blvd 800-FANDANGO 454#**

**Adv. Tix on Sale** FIREPROOF (PG) ★ (100 200 300 415 515) 630 730 845 945

**DISASTER MOVIE (PG-13)** (215 430) 645 930

**COLLEGE (R) - ID REQ'D** (145 400) 615 830 1045

**TRAITOR (PG-13)** (130 430) 745 1015

**DEATH RACE (R) - ID REQ'D** (230 330 500) 600 730 830 1000

**THE LONGSHOTS (PG)** (200 500) 715 930

**HOUSE BUNNY (PG-13)** (215 445) 715 1000

**FLY ME TO THE MOON 3D (G) ★** (145 400) 645 945 1045

**MIRRORS (R) - ID REQ'D** (245 515) 745 1015

**TROPIC THUNDER (R) - ID REQ'D** (300 530) 800 1030

**STAR WARS: THE CLONE WARS (PG)** (115 345) 700

**THE DARK KNIGHT (PG-13)** (230) 615 945

**THE ROCKER (PG-13)** (115) PM

**PINEAPPLE EXPRESS (R) - ID REQ'D** 915 PM

### GERMANTOWN STADIUM 14

**20000 Century Blvd 800-FANDANGO 455#**

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (130 430) 730 1000

**BABYLON AD (PG-13)** (145 445) 745 1015

**DISASTER MOVIE (PG-13)** (200 445) 715 945

**TRAITOR (PG-13)** (130 430) 730 1030

**HAMLET 2 (R) - ID REQ'D** (200 500) 745 1015

**DEATH RACE (R) - ID REQ'D** (145) 800

**OC & DA: DEATH RACE (R) - ID REQ'D** (500) 1045

**HOUSE BUNNY (PG-13)** (115 400) 645 930

**THE LONGSHOTS (PG)** (115 415) 700 930

**THE ROCKER (PG-13)** (215) PM

**MIRRORS (R) - ID REQ'D** (515) 800 1045

**STAR WARS: THE CLONE WARS (PG)** (100 400) 645 930

**TROPIC THUNDER (R) - ID REQ'D** (230 530) 815 1045

**PINEAPPLE EXPRESS (R) - ID REQ'D** (345) 1030

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (345) 630 915

**MAMMA MIA (PG-13)** (100) 645

**THE DARK KNIGHT (PG-13)** (230) 630 945

**WALL-E (G)** (100) PM

### BALLSTON COMMON STADIUM 12

**671 N Glebe Rd 800-FANDANGO 377#**

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (1240 305 530) 800 1020

**DISASTER MOVIE (PG-13)** (1220 245 515) 740 1005

**COLLEGE (R) - ID REQ'D** (1215 240 505) 730 955

**BABYLON AD (PG-13)** (1230 255 520) 740 1000

**VICKY CRISTINA BARCELONA (PG-13)** (105 345) 630 905

**MIRRORS (R) - ID REQ'D** (140 430) 720 1015

**STAR WARS: THE CLONE WARS (PG)** (130 405) 640 915

**PINEAPPLE EXPRESS (R) - ID REQ'D** (210 355 455) 650 730 955

**MAMMA MIA (PG-13)** (130 415) 700 945

**THE DARK KNIGHT (PG-13)** (1205 335) 710

**WALL-E (G)** (115) PM

### POTOMAC YARD STADIUM 16

**3575 Jefferson Davis Hwy 800-FANDANGO 690#**

**Adv. Tix on Sale** FIREPROOF (PG) ★ (1230 300 530) 810

**PREYS (PG-13) ★** (1150 220 440) 700 920

**FLY ME TO THE MOON 3D (G) ★** (205 430) 710 935

**DISASTER MOVIE (PG-13)** (1210 235 500) 725 950

**BABYLON AD (PG-13)** (1200 240 510) 750 1020

**COLLEGE (R) - ID REQ'D** (1240) 600

**OC & DA: DEATH RACE (R) - ID REQ'D** (320) 840

**HOUSE BUNNY (PG-13)** (1100 140 410) 640 915

**THE ROCKER (PG-13)** (155 455) 730 1005

**MIRRORS (R) - ID REQ'D** (230 530) 820

**STAR WARS: THE CLONE WARS (PG)** (120 350) 625 855

**TROPIC THUNDER (R) - ID REQ'D** (225 435 520) 720 800 1010

**PINEAPPLE EXPRESS (R) - ID REQ'D** (505) 755

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (1235 325)

**STEP BROTHERS (R) - ID REQ'D** 905 PM

**THE DARK KNIGHT (PG-13)** (310) 650 1020

**WALL-E (G)** (210) PM

### KINGSTOWNE STADIUM 16

**5910 Kingstowne Towne Center 703-822-4956**

**Adv. Tix on Sale** FIREPROOF (PG) ★ (1130 210 450) 740 1020

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (1200 230 500) 800 1025

**BABYLON AD (PG-13)** (1215 240 515) 750 1010

**DISASTER MOVIE (PG-13)** (1150 220 440) 715 950

**COLLEGE (R) - ID REQ'D** (1130 150 415) 700 925

**TRAITOR (PG-13)** (1140 200 435) 720 945

**HOUSE BUNNY (PG-13)** (1230) PM

**THE ROCKER (PG-13)** (320) 635 920

**MIRRORS (R) - ID REQ'D** (1220 225 415 515) 615

**TROPIC THUNDER (R) - ID REQ'D** (145 305 420) 620 705

**PINEAPPLE EXPRESS (R) - ID REQ'D** 900 1000

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (1155 315) 650 1005

**MAMMA MIA - SING ALONG (PG-13)** (1255 330) 655 935

**THE DARK KNIGHT (PG-13)** (1155 315) 650 1005

**WALL-E (G)** (1245) PM

**SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)** (1250) 645

### COUNTRYSIDE STADIUM 20

**45980 Regal Plaza 800-FANDANGO 394#**

**Adv. Tix on Sale** FIREPROOF (PG) ★ (1200 220 440) 700 920

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (1240 300 520) 740 1000

**DISASTER MOVIE (PG-13)** (1220 240 500) 720 940

**COLLEGE (R) - ID REQ'D** (110 400) 655 915

**BABYLON AD (PG-13)** (330) 930

**TRAITOR (PG-13)** (1130 150 410) 640 900

**OC & DA: DEATH RACE (R) - ID REQ'D** (1140 1230 210 450) 650 750 1020

**HAMLET 2 (R) - ID REQ'D** (1155 225 455) 725 950

**DEATH RACE (R) - ID REQ'D** (1210 250 510) 745 1015

**THE LONGSHOTS (PG)** (1135) AM

**HOUSE BUNNY (PG-13)** (1205 230 505) 755 1015

**THE ROCKER (PG-13)** (1205 230 505) 755 1015

**VICKY CRISTINA BARCELONA (PG-13)** (1205 230 505) 755 1015

**STAR WARS: THE CLONE WARS (PG)** (105 345) 620 905

**TROPIC THUNDER (R) - ID REQ'D** (1250 205 340 445) 630 730 910

**SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)** (1225 310) 615

**PINEAPPLE EXPRESS (R) - ID REQ'D** (1245 405) 715 1005

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (1235 355)

**STEP BROTHERS (R) - ID REQ'D** 850 PM

**MAMMA MIA (PG-13)** (1255 350) 645 925

**THE DARK KNIGHT (PG-13)** (1145 305) 625 945

**JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★** (1150 215 435)

**WALL-E (G)** (100 335) 610

### FOX STADIUM 16

**22875 Crawford Plz. Ashburn, VA 703-957-1035**

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (1200 1245 215 300 430 515) 645

**BABYLON AD (PG-13)** (1200 240 500) 740 1000

**DISASTER MOVIE (PG-13)** (1215 230 445) 715 930

**COLLEGE (R) - ID REQ'D** (1230 245 500) 740 1000

**TRAITOR (PG-13)** (100 345) 700 940

**HAMLET 2 (R) - ID REQ'D** (115 330 545) 800 1015

**OC & DA: DEATH RACE (R) - ID REQ'D** (1235 320) 620 915

**THE LONGSHOTS (PG)** (1240 310 530) 750 1010

**HOUSE BUNNY (PG-13)** (1205 225 450) 710 950

**THE ROCKER (PG-13)** (910) PM

**STAR WARS: THE CLONE WARS (PG)** (1220 240 510) 735

**TROPIC THUNDER (R) - ID REQ'D** (110 350) 740 1020

**SISTERHOOD OF THE TRAVELING PANTS 2 (PG-13)** (1225) 310 630

**PINEAPPLE EXPRESS (R) - ID REQ'D** (1400) 640 920

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (1200 240 510) 735

**MAMMA MIA (PG-13)** (1250 340) 615 850

**THE DARK KNIGHT (PG-13)** (1210 325) 650 925

**WALL-E (G)** (130) PM

### FAIRFAX TOWNE CENTER 10

**4110 W Ox Road 800-FANDANGO 670#**

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (200 430) 730 850

**DISASTER MOVIE (PG-13)** (115 445) 740 1000

**COLLEGE (R) - ID REQ'D** (215 435) 715 1005

**HAMLET 2 (R) - ID REQ'D** (205 450) 710 940

**OC & DA: DEATH RACE (R) - ID REQ'D** (135 235 415 510) 700 745 935 1020

**HOUSE BUNNY (PG-13)** (130 400) 620 850

**PINEAPPLE EXPRESS (R) - ID REQ'D** (140 410) 705 955

**BOTTLE SHOCK (PG-13)** (230 500) 720 945

**JOURNEY 3-D: \$2.50 ADDED FEE FOR 3-D (PG) ★** (145 425)

**WALL-E (G)** (145 425)

### MANASSAS STADIUM 14

**11380 Bulloch Drive 800-FANDANGO 490#**

**Adv. Tix on Sale** TYLER PERRY'S: THE FAMILY THAT PREYS (PG-13) ★ (1245 330 545) 800 1015

**DISASTER MOVIE (PG-13)** (1200 245 515) 730 945

**COLLEGE (R) - ID REQ'D** (1230 300 530) 745 1000

**TRAITOR (PG-13)** (145 430) 715 1030

**HAMLET 2 (R) - ID REQ'D** (1145 215 445) 700 930

**DEATH RACE (R) - ID REQ'D** (1130 230 500) 750 1020

**THE LONGSHOTS (PG)** (130 400) 620 850

**HOUSE BUNNY (PG-13)** (200 420) 720 940

**THE ROCKER (PG-13)** 830 PM

**MIRRORS (R) - ID REQ'D** 925 PM

**STAR WARS: THE CLONE WARS (PG)** (100 345) 615 865

**TROPIC THUNDER (R) - ID REQ'D** (140 440) 710 1010

**PINEAPPLE EXPRESS (R) - ID REQ'D** 915 PM

**THE MUMMY: TOMB OF THE DRAGON EMPEROR (PG-13)** (1215 345)

**MAMMA MIA (PG-13)** (1250 340) 645



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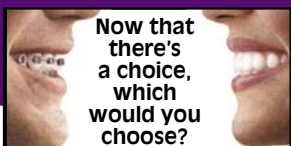
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## Entertainment

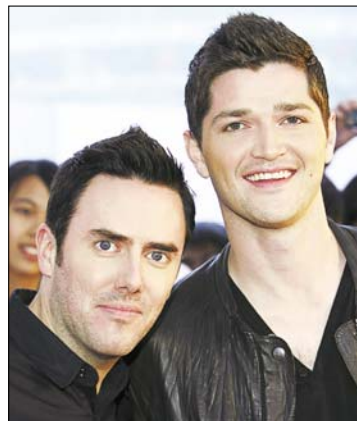
# Celtic Crooners

## Ireland's the Script developed its sound in Mom's garden shed

MUSIC | The Script has written itself into Irish pop's illustrious history, as the Dublin trio's self-titled debut album went straight to No. 1 at home and in the U.K. Aug. 17. The band's current single, "The Man Who Can't Be Moved," is also in the top five in those territories. It drops in the United States on St. Patrick's Day in 2009.

Yet guitarist Mark Sheehan stresses it's taken a long time for the Script to become a sensation. He and singer Danny O'Donoghue served time as members of failed Irish boy band My Town and as session musicians in the United States.

"I learned to take nothing for granted after that disappointment," Sheehan says of his time with My Town. "We were being built up, but



Mark Sheehan, left, and Danny O'Donoghue are two-thirds of the Script.

it didn't happen. What I took from it was that you have to be aware of the commercial side of things."

After returning to Dublin, they recruited drummer Glen Power and hit upon their trademark Celtic soul-meets-R&B sound, writing much of the album in Sheehan's mother's garden shed.

"It had the feel of a pirate radio station," Sheehan says. "The Guinness brewery was across the road — we could see the smoke coming from their big chimneys. Coming from where we did, there was a lack of options for young people: You were expected to be a plumber or an electrician ... never a singer or dancer or actor."

Nevertheless, the Irish industry was alive to the Script's potential even before debut single "We Cry" breached the Irish and U.K. top 20s in April.

"We were invited to Christmas dinner in Dublin with the Edge and U2's management," Sheehan says with a smile. "I was able to burn his ear about his recording techniques."

Sony BMG international marketing manager Paul Kindred says the band is a global priority, adding, "We see them as the next Maroon 5." NICK KELLY (BILLBOARD)

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**MORE BEAUTIFUL MOMENTS WITH THE HOFF:** NBC recently announced that it has renewed "America's Got Talent" for a fourth season. The reality show has competitors perform for judges Piers Morgan, Sharon Osbourne and David Hasselhoff.

## Television

# The CW Can Keep a Secret

**The updated '90210' is being kept under wraps until tonight**

**SURPRISE!** | The CW network, best known for fare like "Gossip Girl," borrows a teen franchise from another era and another network. "90210" (8 p.m., CW) debuts tonight.

For reasons of its own, the network has declined to screen the series for critics.

This could mean several things. The first thing that jumps to mind is that it's simply too dreadful to endure critical scrutiny. Movies doomed to laughable reviews are often released this way.

On the other hand, this show — so rooted in retro-kitsch and pop-culture nostalgia — just may



**'90210: THE NEW CLASS':** A fresh set of spoiled teens for America to devour.

be review-proof.

Another, more generous take is that the two-hour debut is so filled with surprise appearances and "ooh, I forgot all about her" moments that the CW didn't want crabby critics spoiling the fun.

Here's what we know. Jennie Garth and Shannen Doherty are back from the old cast. And so is the Peach Pit. Rob Estes ("Women's Murder Club") stars as a high-school principal who returns from Kansas to his "old hometown," Beverly Hills. He's married to Debbie (Lori Loughlin, "In Case of Emergency").

Kelly (Garth) is now a guidance counselor. Brenda (Doherty) shows up, but in what capacity is anybody's guess. Maybe that's why they've kept this under wraps. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

### ON TV TONIGHT

#### ELEPHANTS IN A ROOM

Coverage of the **REPUBLICAN NATIONAL CONVENTION** (6 p.m., CNN; 7 p.m., MSNBC; 8 p.m., PBS; 9:45 p.m., Fox News; 10 p.m., ABC, CBS, NBC) continues.

#### 'WHERE IS THE PLUG?'

Urban transplants try out their new electricity-generating wind turbine on **IT'S NOT EASY BEING GREEN** (9 p.m., Sundance).

#### ROUGH-AND-TUMBLE VIEWING

**THE SHIELD** (10 p.m., FX) enters its seventh season with Vic and Shane making apparent threats against each other's families. A show so filled with backroom deals, corruption, conspiracies, infidelity and gang wars should be hard to follow, but is easy to get back into.

#### BROUGHT TO YOU BY PROZAC

The "Explorer" (10 p.m., National Geographic) presentation **MOMENT OF DEATH** presents a fascinating discussion about when we die and what happens to our cells, organs and consciousness



**MY SHADES MAKE ME TOUGH:** Michael Chiklis is Vic Mackey on "The Shield."

while we are dying, and invites conversation about near-death experiences and the nature of the soul.

#### STANDARD LINEUP

Nicolas Cage, Anna Torv and Terrence Howard appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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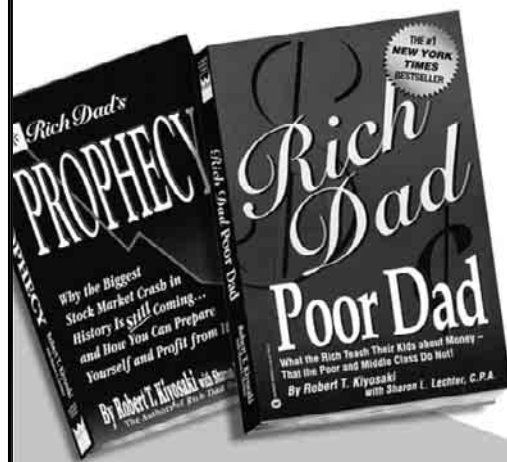
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# Grand Old Party Down

## Enjoy the GOP's week in the spotlight with drinks and company

**EVENTS |** Fact: Viewers love tension. The Democratic National Convention crackled with the possibility that at any moment the Clintons might decide not to endorse

Barack Obama, that Joe Biden might stumble over his (or someone else's) words, that the very fabric of the Democratic Party might be shredded in the industrial fan of egos and stress, and red, white and blue streamers.

The tension at the Republican National Convention has a similarly primal, but less controllable, source:

Hurricane Gustav, which raked the Gulf Coast on Monday. How much of a convention there will be and what form it will take is still up in the air.

But we're Washingtonians. When John McCain, Sarah Palin and the rest of the GOP team take to the cameras, we'll be poised to watch and listen. Here are some spots where you can convention-watch

**FIND MORE** local spots where you can watch the GOP convention at [Expressnightout.com](http://Expressnightout.com)

with company.

Those in Alexandria could try the party at Buzz Bakery on Thursday at 8 p.m. You can watch McCain's acceptance speech while guzzling convention-theme cocktails and eating what the senator's campaign site calls "McCain-themed cupcakes." Maybe there are 72 of them.

For a more classic D.C. experience, head to Bullfeathers of Capitol Hill. It will be showing the convention all week, of course, and you can partake of delicious fried food while you watch Palin take on those pesky polar bears.

Finally, the Log Cabin Republicans are having their usual first-Thursday-of-the-month happy hour at Nellie's Sports Bar on Thursday at 6:30 p.m. For a Republican road less traveled, join in for drink specials and McCain's big speech. **FIONA ZUBLIN (EXPRESS)**

→ *Buzz Bakery, 901 Slaters Lane, Alexandria; 703-600-2899.*

→ *Bullfeathers, 410 First St. SE; 202-543-5005. (Capitol South)*

→ *Nellie's Sports Bar, 900 U St. NW; 202-332-6355. (U St.-Cardozo)*

## thescene



Check out HR-57 on Wednesdays and Thursdays for a jazzy jam session.

### WEDNESDAY

**Jazz Jam Session:** Have a drink and listen to musicians collaborate. HR-57, 1610 14th St. NW; Wednesdays and Thursdays, 8 p.m.-midnight, \$8; 202-667-3700.

**My Morning Jacket:** The hippest Southern rock in existence. Constitution Hall, 1776 D St. NW; 7 p.m., \$32; 703-218-6500. (Farragut West)

**Dave Barnes:** John Mayer-esque soulful pop. Jammin' Java, 227 Maple Ave. E., Vienna; 7:30 p.m., \$15-\$18; 703-255-1566.

### THURSDAY

**Erin McKeown:** A quirky artist with an original style. Iota, 2832 Wilson Blvd., Arlington; 9 p.m., \$18; 703-522-8340. (Clarendon)

**Railroad Earth:** Bluegrass from New Jersey. 9:30 Club, 815 V St. NW; 7 p.m., \$25; 202-265-0930. (U St.-Cardozo)

**The Theater of Insects:** Art exhibit integrating insects and found objects. Keck Center of the National Academies, 500 Fifth St. NW; through Dec. 10, free; 202-334-2436. (Chinatown)

### FRIDAY

**Dr. Dog:** '60s-style pop that wants to be more than atavistic. Iota, 2832 Wilson Blvd., Arlington; 9 p.m., \$15; 703-522-8340. (Clarendon)

**Bob Newhart:** This guy is a classy stand-up comic. If you go see him, that makes you classy, too. Warner Theatre, 13th and E streets NW; 8 p.m., \$49.50-\$75; 202-397-7328. (Metro Center)

**Explore** our searchable list of the area's events, venues, restaurants and movies at [expressnightout.com/thescene](http://expressnightout.com/thescene).

## topstops



## 2 Do You Hear the People Sing?

"Les Miserables" is like the college boyfriend who never quite got over you. He keeps slamming the door and saying he's leaving, but he always calls back with some weird excuse as to why you needed to talk "one last time." Yep, "Les Mis" is on tour again, and it hasn't changed a whit in 13 years. **F.Z.**  
→ *Wolf Trap, 1551 Trap Road, Vienna; 8 p.m., \$25-\$80; 877-965-3872.*

## Love at First Listen

Thievery Corporation has a record label appropriately titled Eighteenth Street Lounge Music, and when it received a demo from a young Argentinian singer named Federico Aubele, it signed him immediately. Was it his ethereal guitar-playing? Was it his giant head of hair (a Latin-fro, if you will)? Was it his uncanny ability to incorporate genre after genre into his sound, including reggae, hip-hop, tango and bolero? Whatever it was, it'll hook you, too. See him tonight with Dawn Landes and Natalia Clavier. **K.E.**

→ *9:30 Club, 815 V St. NW; 7 p.m., \$15; 202-265-0970. (U St.-Cardozo)*



## Funk in the Flesh

Madam's Organ has remained popular for so long because its drinks are strong, its decor is quirky and its stage is never empty. Its live-music-or-bust mantra keeps the place full of energy and the crowd diverse, and tonight is no exception. One of its regular bands,

**3** Lucky Dog, will be on hand to provide the well-lubricated crowd with the funk-rock-fusion it's been doling out since 1979. Dancing is encouraged but not required. Also, if you're interested in showing up early, happy hour here runs until 8 p.m. **K.E.**

→ *Madam's Organ, 2461 18th St. NW; 9 p.m., \$4-\$7; 202-667-5370. (Woodley Park|Zoo-Adams Morgan)*

**Compiled by** Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at [expressnightout.com/topstops](http://expressnightout.com/topstops).



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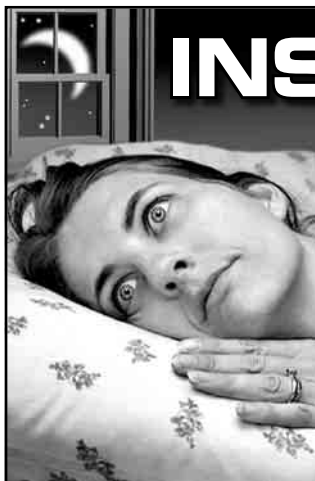
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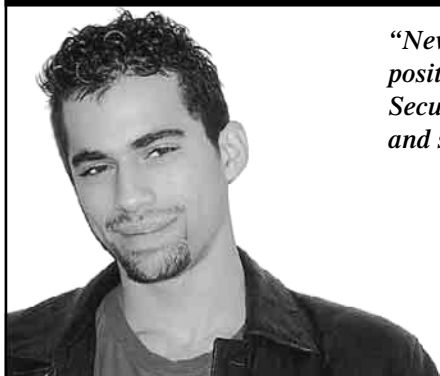
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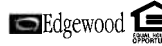
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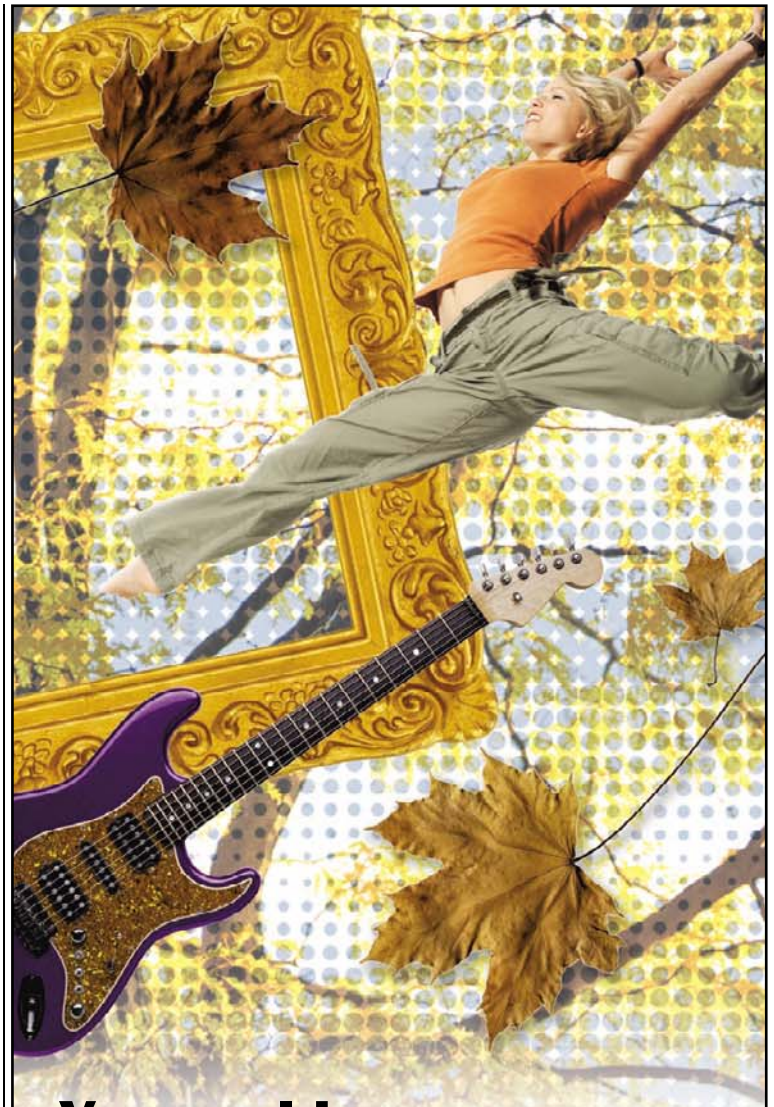
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# LOOK out

\*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Travel

### Higher costs, fewer seats are the way of the future for airlines

The grip U.S. airlines have on travelers' wallets is about to get tighter as carriers go ahead with plans to trim their domestic schedules due to the high cost of fuel.

Executives acknowledge that despite the economic downturn, fares will rise, discounts currently available will be scarce, and routes and frequencies of flights will be reduced as domestic capacity is cut through the end of the year. The changes starting in September come on top of a litany of new charges — for luggage, drinks, pillows and other amenities — announced by some airlines earlier this year.

"Airline travel is airline travel — it's been bad for a long time," Chris Bardasian, an American Airlines frequent flyer, said recently at Dallas-Fort Worth International Airport. "I suspect prices will go up, fewer people will travel, and, if you're willing to pay the price, it will be fine."

**“Prices will go up, fewer people will travel, and, if you're willing to pay the price, it will be fine.”**

CHRIS BARDASIAN, FREQUENT FLYER

There were sharp capacity cuts during prior weak economic periods in the early 1990s and between 2001 and 2003, but fares went down as discount carriers moved in and filled the void, offering more competition, analysts said. But the high price of oil, airlines' limited ability to further cut certain costs and the

fact that many of the discount carriers are facing the same difficulties as the big carriers make things different this time, analysts said.

On average, domestic fares between large metro cities are already up roughly 16 percent since Jan. 2, while fares between small cities are up roughly 37 percent year-to-date, according to Rick Seaney, head of airfare research site Farecompare.com.

The cheapest round-trip ticket with a 10-day advance purchase, for example, on an American Airlines flight from Chicago to New York cost \$258 on Aug. 26, excluding government and airport fees. That was an 87 percent increase from the \$138 it cost on Jan. 2 for a similar advance

purchase, according to Farecompare.com. The cheapest round-trip ticket with a 21-day advance purchase on a United Airlines flight from Denver to Washington cost \$382 on Aug. 26, excluding government and airport fees. That was a 37 percent increase from the \$278 it cost on Jan. 2, Seaney said.

Recently announced airfare sales for travel during the traditionally slow fall season will be harder to come by as more capacity comes out of the system in the last four months of the year.

"If somebody sees a good fare, they should grab it," said Kevin Healy, senior vice president of marketing and planning for AirTran Airways.

Booking early for travel during peak times like the holiday season generally can get you a cheaper ticket than waiting until the last minute. But, airlines usually do not offer fare sales for travel over the holidays.

American Airlines, United Air-

INSIDE

Gandolfini is married in Hawaii | 30



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**Blog Log:** Hurricane relief work defined | 28



**BAGGAGE CHECK:** Fliers look for their luggage in New York. Some airlines are charging customers for checked baggage.

# Changes in the Air



Several major airlines plan to cut flights, meaning the remaining flights will be fuller.

lines, Delta Air Lines, Northwest Airlines, Continental Airlines, US Airways, JetBlue Airways, AirTran and Alaska Airlines plan to cut domestic capacity during the third and fourth quarters by single- to double-digit margins.

JetBlue, for instance, in September will end service between several cities, including Boston to San Francisco and Washington to Las Vegas. Southwest Airlines Co., which had resisted the kinds of capacity cuts being made by other carriers, will end service in November between Kansas City and Sacramento, Calif., and between Oakland, Calif., and Tucson, Ariz.

Fewer overall seats in the air means planes that remain will be fuller, which gives airlines pricing power to raise fares. "The reality is — and I don't want to diminish this — the industry is going to have to cover its costs," American Airlines chief Gerard Arpey said in an interview. HARRY R. WEBER (AP)



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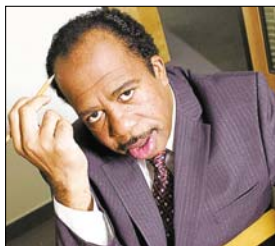
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## TELEVISION

### 'Office' Support

The fourth season of "The Office" is out on DVD (and the fifth season premieres Sept. 25). And while everybody knows buffoon/boss Michael Scott and romantic leads Jim and Pam, Meg Zamula says the soap opera-ish fourth season was saved because of five unheralded supporting characters. | COMING UP



## LIFE & STUFF

### Back to School

Labor Day is over, and it's likely that nearly every school in the United States is back in session now. Even though Paul Vivari is out of school, he can't quite get over the experience — which is why he's compiled a "dos and don'ts" list about how to survive the upcoming school year. | COMING UP

## TELEVISION

### L.A.P.D. Blues

FX's "The Shield" takes the grittiness of "Homicide" and injects it with a more-than-healthy dose of corruption and bad police officers. But after six years, the final season of "The Shield" starts Tuesday on FX, and Roxana Hadadi looks back at the series' five best moments. | COMING UP



## comment board

**“Last summer** I fell for the hype and switched my Dell PC for a Mac, along with a new iPod. Both have been nothing but problematic and bitter disappointments.”

**COMMENTER CAC**, WHO ADDED, "I CAN'T WAIT TO SWITCH BACK TO QUALITY TECHNOLOGY. APPLE IS ROTTEN."

**“Don't judge** all Apple products based on the iPhone. I made the switch over to Mac from PC a couple years ago, and I've never looked back.”

**COMMENTER ERIKA**, WHO ADDED, "JUST BECAUSE ONE PRODUCT HAS HAD PROBLEMS DOESN'T MEAN THEY ALL DO."



**“Despite any** 'problems,' Apple products are so far ahead of its competitors' that every time it releases a new product, it either revolutionizes the market or it creates an entirely new market.”

**COMMENTER MILDLYMISANTHROPIC**, RESPONDING TO FRIDAY'S POLL CENTER QUESTION, "GIVEN ALL THE PROBLEMS WITH ITS NEW IPHONES, ARE APPLE'S PRODUCTS OVERRATED?"

## poll center RESULTS FROM FRIDAY'S QUESTION

GIVEN ALL THE PROBLEMS WITH ITS NEW IPHONES, ARE APPLE'S PRODUCTS OVERRATED?

**YES** 62%

**NO** 38%

SEE HOW YOUR METRO STATION VOTED AT [EXPRESSNIGHTOUT.COM/POLLCENTER](http://EXPRESSNIGHTOUT.COM/POLLCENTER)

# Blog LOG

“It means volunteers driving ... for three days straight so they can help people they don't know and will probably never see again.”

**REDCROSSCHAT.ORG** BREAKS DOWN JUST WHAT IT MEANS TO BE A HURRICANE RELIEF VOLUNTEER, ADDING, "[THE] GOVERNMENT [IS] MORE READY THAN [IT WAS] THREE YEARS AGO."



**“THERE'S JUST** something about her that makes you want to love her. A very real quality that had previously been absent throughout this election.”

**CIRCUMLOCUTOR.BLOGSPOT.COM** IS A FAN OF SARAH PALIN, ADDING, "I NEVER THOUGHT I'D SAY THIS, BUT I MIGHT THINK SHE'S AWESOME. MAYBE. I WANT TO LOVE HER AND GET FIRED UP ABOUT HER — EVEN THOUGH I'M NOT A REPUBLICAN."

**“The irony of a man** starring in a TV show about a sex addict having to go to rehab for sex addiction. Reality or ratings-friendly publicity? It gets my conspiracy theorist Spidey sense a-tingling!”

**MERUJO.COM** IS AMUSED BY THE FACT THAT DAVID DUCHOVNY, WHO STARS IN SHOWTIME'S "CALIFORNICATION," IS NOW IN REHAB.

**“Perhaps her nomination** is a signal to conservatives that he is willing to reconsider his more moderate public stances.”

**DENDROICA.BLOGSPOT.COM** TAKES A STAB AT THE REASONING BEHIND JOHN MCCAIN'S SELECTION OF ALASKA GOV. SARAH PALIN AS HIS VICE PRESIDENTIAL CHOICE..



## Discussions

### The TV Column

Post TV columnist **LISA DE MORAES** was online Friday and talked about the new "American Idol" judge, Holly Hunter's appearing nude all the time on her TV show and the Democratic National Convention.

**Animal Planet burned the final three episodes of "Meerkat Manor" last Friday. It seems to be in a hurry to finish. I thought this was a popular show. Do you know whether it will return for a fifth season?**

It was only averaging about half a million viewers that last night. I think some of us never recovered from the death of Flower. ... I know I stopped watching regularly because there is already enough sadness in the world,

what with "Knight Rider" coming back and all.

**So, is the new judge on "American Idol" an attempt to improve ratings or a prelude to showing Paula the door?**

You assume they thought Paula's judging [Jason] Castro's second performance before it happened was a bad thing. It was not. It was, in fact, one of only a few breaths of fresh air in the whole overly controlled season. I think they've added another chick in hopes it puts Paula back over the edge — where we like her best.

**I find this Democratic National Convention one of the better TV series: a little more drama and better acting than most of the other new series this season. I guess the network was burning off the remaining episodes this past week. I presume this series won't be back in the fall?**

Really? I thought it was stuck in a time warp, particularly the corny music and the fireworks last night. Yikes. Shouldn't try to follow the Beijing Games opening and closing ceremonies so closely with fireworks.

**Does Holly Hunter have a nudity clause in her contract that states that she must appear nude in every episode of "Saving Grace"? She has a great body for a 50-something, but enough already! We get it!**

While I'm thrilled to see she is spending her time between scene shoots so productively at the gym, I, too, worry about going blind from seeing her nude so often.

**TODAY ON DISCUSSIONS:** Michael Wilbon takes your questions and comments about the latest sports news and his recent columns at 1:15 p.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).



### Bizarro | Dan Piraro

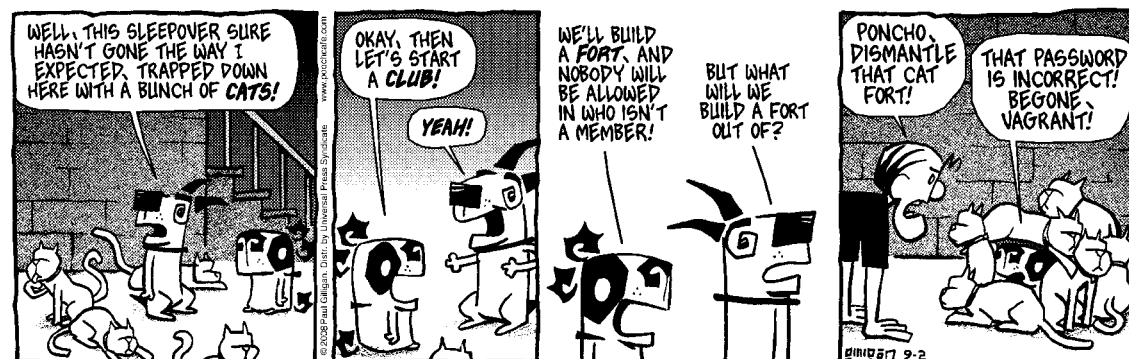


### Cornered | Mike Baldwin

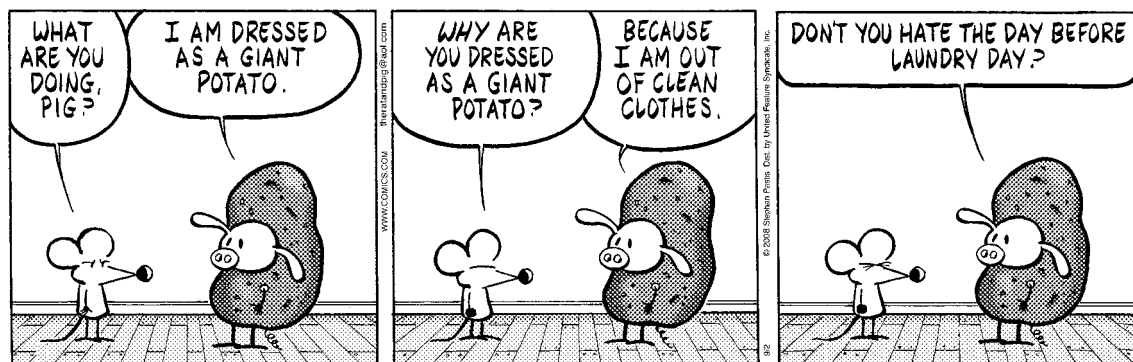


"Yours is an inspiring tale of struggle, self-sacrifice and company loyalty. I suppose my question is, so what?"

### Pooch Cafe | Paul Gilligan



### Pearls Before Swine | Stephan Pastis



### The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**VIRGO (Aug. 23-Sept. 22)** You're not going to want to reveal something specific about yourself just yet, but the process of concealing it may get rather complicated.

**LIBRA (Sept. 23-Oct. 22)** This may prove a quiet, yet memorable day, as you mull over the past and realize something that will prove quite important almost immediately.

**SCORPIO (Oct. 23-Nov. 21)** You may have to begin a difficult project that will require a great deal of planning, foresight and physical strength. Prepare.

**SAGITTARIUS (Nov. 22-Dec. 21)** Now is no time to be vague or unspecific with those under you. If you're in control, you must demonstrate it in no uncertain terms.

**CAPRICORN (Dec. 22-Jan. 19)** You won't want to break up the team — but there is something important that you must do on your own.

**AQUARIUS (Jan. 20-Feb. 18)** Some kind of retrospective will be beneficial to

you, even as you look forward to new success with a new project. Remember where you've been.

**PISCES (Feb. 19-March 20)** Contact with someone quite different from yourself is likely to open your mind a little more — and open a few doors for you as well.

**ARIES (March 21-April 19)** An original plan comes your way that is likely to offer more than just opportunity. Profit and pleasure go hand in hand.

**TAURUS (April 20-May 20)** This is a good day for you to prove yourself, as the risks are low and the opportunities many. Someone may have a secret to tell you during the evening.

**GEMINI (May 21-June 20)** A surprise is in store for you; keep your eyes and ears open at all times. After dark, certain risks increase.

**CANCER (June 21-July 22)** This may prove a low-energy day, but there is still much you can accomplish even without running at high speed. Give your brain a workout.

**LEO (July 23-Aug. 22)** You may have to take over the decision-making process at work for a while. You may be able to improve morale and get better results.

## Letters

### Live With Metro's Noise

**THERE HAVE BEEN** several letters concerning loud music on the Metro. Music isn't the only loud thing on the trains. There are those that scream instead of talk on their cell phones. When school starts again,

there will be some loud students on Metro. The tourists are very loud. Children are loud. Some people sit on opposite sides of the car and talk loudly across the aisle. You can't ask people to be quiet or turn down their music, because it could turn into a threatening situation. Metro is public transportation, and it is noisy.

—KATHY SCHRECENGOST  
Manassas Park, Va.

**WRITE TO EXPRESS:** Include name, hometown and telephone number. Submissions may be edited. E-mail to [inbox@readexpress.com](mailto:inbox@readexpress.com) or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

## Today in History

**1666** The Great Fire of London breaks out.

**1864** During the Civil War, Union Gen. William T. Sherman's forces occupy Atlanta.

**1901** Vice President Theodore Roosevelt offers the advice "Speak softly and carry a big stick" in a speech at the Minnesota State Fair.

**1945** Japan formally surrenders in ceremonies aboard the USS Missouri, ending World War II.

**1969** North Vietnamese president Ho Chi Minh dies.



Ho Chi Minh died on this day in 1969.

**2007** Hurricane Felix strengthens into a dangerous Category 4 storm as it topples trees and floods homes on a cluster of Dutch islands before churning its way into the open waters of the Caribbean.

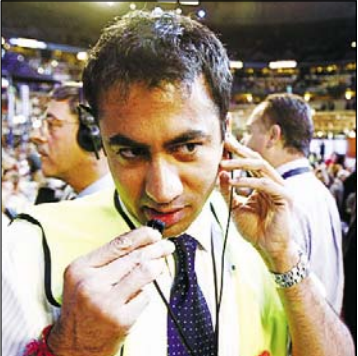
**PostPoints** DAILY CODE **BZ**



LOOK

out

People



The yellow vest means he's special.

CORRUPTION

**'House' Spoilers Traded for Votes**

"House" actor **KAL PENN** campaigned for Democratic presidential nominee Barack Obama this weekend in North Carolina. He was the floor manager for the Virginia delegation at the Democratic National Convention in Denver. (AP)

SIGNPOSTS

**When His Entourage Flies Coach, We Have a Gas Crisis**



**SEAN "DIDDY" COMBS** says he is now flying on commercial airlines instead of in private jets, which he said had previously cost him \$200,000 and up for a round-trip from New York and Los Angeles. (AP)



UNIONS

**'Tasteful' Wedding**

**JAMES GANDOLFINI** married girlfriend Deborah Lin Saturday in Honolulu, People reported. "There was a nice big kiss at the end with both hands on the cheeks," a guest told the magazine. "They looked great." "Jim and Deborah mingled through the crowd a lot," said another. "Everything was just really tasteful." (EXPRESS)



Charlize waxed profound at the Venice Film Fest.

LAYOUT

**Pointless Item's Sole Purpose Is to Put Attractive Girl on Page**

Guillermo Arriaga's directorial debut, "The Burning Plain," stars **CHARLIZE THERON** as a troubled Oregon restaurant manager who is forced to confront her past when a mysterious visitor arrives from Mexico. No stranger to flawed characters,

Theron said she loved the role of Sylvia. "You should ask people that question. Why are people so flawed? Because that's who we are," Theron said. "Why is it when you watch a film and something happens that moves you? ... It's because we can see ourselves in that moment." (AP)

DO-GOODING

**Law Blesses Afghanistan**

**JUDE LAW** is visiting Afghanistan to promote peace in the war-ravaged country. Together with director Jeremy Gilley, Law has returned to Afghanistan to help maintain momentum for Peace Day (Sept. 21), which urges a global cease-fire and



nonviolence. The United Nations General Assembly adopted Peace Day in 2001, following a lobbying campaign by Gilley that he documented in the film "Peace One Day." (AP)

CABLE

**Showtime Marketing Dept. Deploys Bold Ad Campaign**

**DAVID DUCHOVNY**, who plays a sex-obsessed character on Showtime's "Californication," has entered a rehabilitation facility for sex addiction. He asked for "respect and privacy for my wife and children as we deal with this situation as a family." (AP)

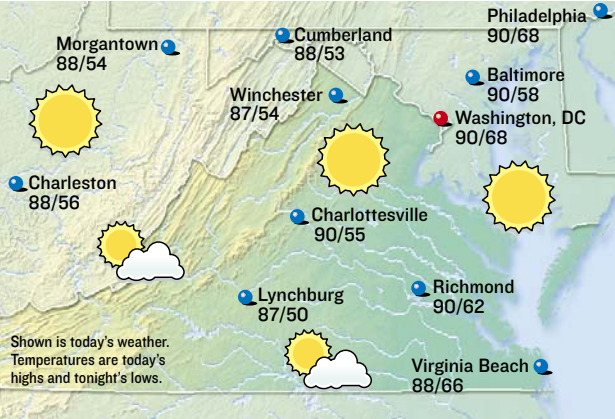


Couldn't he just suffer from "exhaustion" like everybody else?

5 Day Forecast for the Washington Area

| Today      | Tonight | Wednesday  | Thursday          | Friday        | Saturday                        |
|------------|---------|------------|-------------------|---------------|---------------------------------|
|            |         |            |                   |               |                                 |
| Sunny, hot | Clear   | Sunny, hot | Mostly sunny, hot | Mostly cloudy | Breezy, rain and a thunderstorm |
| 90°        | 68°     | 93° / 69°  | 91° / 69°         | 84° / 69°     | 85° / 69°                       |

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

**Temperature**

High ..... 88°

Low ..... 65°

Normal high ..... 84°

Normal low ..... 66°

Average humidity ..... 42%

Precipitation

24 hours ending 4 p.m. .... 0.00"

Month to date ..... 0.00"

Normal month to date ..... 0.12"

Year to date ..... 33.55"

Last year to date ..... 21.04"

Normal year to date ..... 26.49"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

Regional Forecast

**D.C. Metro:** Today, sunny. High 90. Wind north 4-8 mph. Tonight, clear. Low 68. Wind southwest 3-6 mph. Wednesday, sunny, hot. High 93.

Sun and Moon

Sunrise today ..... 6:38 a.m.

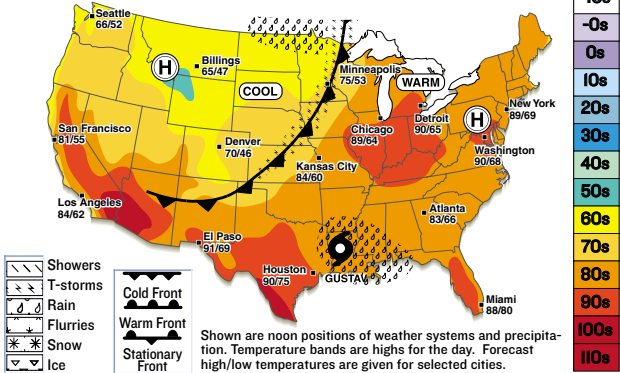
Sunset tonight ..... 7:37 p.m.

Moonrise today ..... 9:35 a.m.

Moonset today ..... 8:44 p.m.



National Weather for Tuesday, September 2



National Cities

| City          | Today    | Wed.     |
|---------------|----------|----------|
| Atlanta       | 83/66/pc | 85/65/s  |
| Boston        | 82/61/s  | 78/64/s  |
| Chicago       | 89/64/pc | 77/58/t  |
| Dallas        | 84/72/c  | 81/70/t  |
| Denver        | 70/46/s  | 76/49/s  |
| Honolulu      | 89/75/s  | 89/74/s  |
| Los Angeles   | 84/62/pc | 84/64/s  |
| Miami         | 88/80/pc | 90/79/t  |
| New York City | 89/69/s  | 89/72/s  |
| Orlando       | 90/76/pc | 91/75/pc |
| Seattle       | 66/52/pc | 68/50/pc |

World Cities

| City         | Today    | Wed.     |
|--------------|----------|----------|
| Amsterdam    | 68/54/r  | 66/52/r  |
| Athens       | 81/72/s  | 84/71/s  |
| Berlin       | 73/57/c  | 71/51/pc |
| Buenos Aires | 73/57/pc | 63/46/sh |
| Calgary      | 62/41/pc | 57/38/pc |
| Dublin       | 61/48/r  | 59/50/r  |
| Geneva       | 76/58/pc | 77/59/t  |
| Moscow       | 59/48/pc | 64/52/c  |
| Rome         | 83/63/pc | 83/62/s  |
| Sydney       | 64/50/s  | 61/50/sh |
| Tokyo        | 84/75/sh | 84/76/t  |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



# LOOKout

## CROSSWORD | A TRIP TO THE ZOO

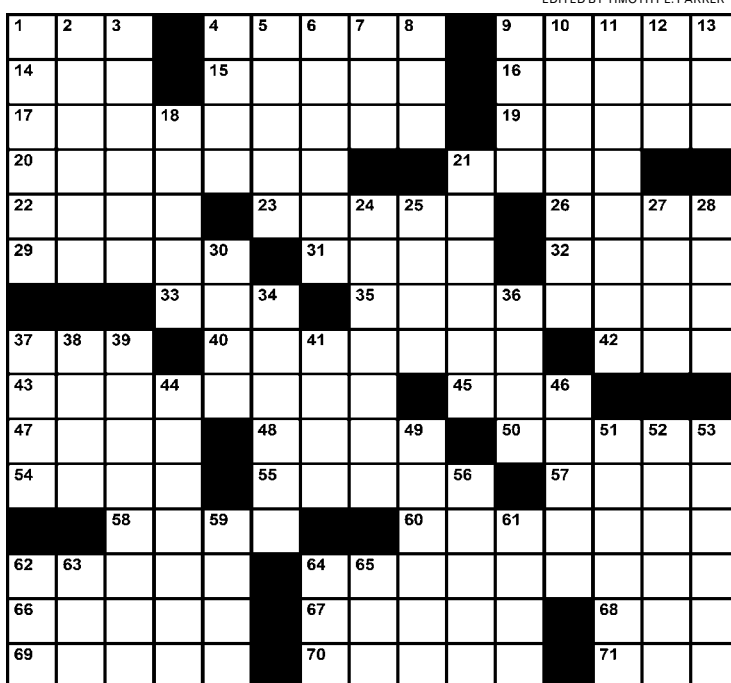
### ACROSS

1 Arm of the Dept. of Justice  
4 Hyde Park strollers  
9 Blade  
14 "A Bridge \_\_\_\_ Far"  
15 Fine, informally  
16 Intense suffering  
17 Flashy 1940s outfits  
19 Without rhyme, but with reason  
20 Actor Gould  
21 Bow to the ship?  
22 Regretted bitterly  
23 Studio prop  
26 Exile isle  
29 Host with a book club  
31 Calcutta cover-up  
32 Lois to Dean's Clark  
33 \_\_\_\_ cit. (footnote abbr.)  
35 Greenwich resident  
37 One-liner  
40 Portable rocket launcher  
42 Swine diner  
43 Handel's "Messiah," e.g.  
45 The comical Caesar  
47 Billie Holiday's "Me, Myself \_\_\_\_"  
48 Incalculable amounts of time  
50 Shoe made of wood  
54 Nod off  
55 Follow  
57 Nothing, in Nicaragua  
58 Annoying smell  
60 Charcoal grill  
62 Surfeits  
64 City in a Glenn Miller tune

66 Country bumpkin  
67 "You \_\_\_\_ Beautiful"  
68 Tolkien creature  
69 Gibson's wife in "Ransom"  
70 Home run in Idaho?  
71 Stockholm carrier

### DOWN

1 Where many countdowns end  
2 Prepare one's equipment  
3 April 1 prankster  
4 El \_\_\_\_ (city on the Rio Grande)  
5 Roads used to get there  
6 Japanese police dogs  
7 Yoga class necessity  
8 Pt. of CBS  
9 Really paying attention  
10 Go along with  
11 Help for a long shot  
12 Walk-\_\_\_\_ (small parts)  
13 Pumpernickel alternative  
18 Rising and falling periodically  
21 Moves stealthily  
24 Old West gathering spots  
25 Suffix with "smack" or "switch"  
27 "The Outcasts of Poker Flat" creator  
Harte  
28 Light and delicate  
30 Vagrant  
34 Kind of counseling  
36 Stand at an affair



EDITED BY TIMOTHY E. PARKER

37 Stick with the herd?  
38 "The New Yorker" cartoonist Peter  
39 "Zounds!"  
41 Utah park  
44 Hand-colors, hippie-style  
46 Tony of "Taxi"  
49 Lease from a lessee  
51 Gaming table materials  
52 Title words with "Grecian Urn"  
53 Seer's decks

56 Do an after-school chore  
59 Munch Museum locale  
61 Latin love  
62 Saint-\_\_\_\_ (French military academy)  
63 Apt name for a restroom attendant  
64 "Krazy \_\_\_\_" (classic comic strip)  
65 Scorpius' heavenly neighbor

### Friday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su[do]ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Friday's Solution

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 4 | 3 | 5 | 2 | 1 | 7 | 8 |
| 1 | 8 | 5 | 7 | 9 | 6 | 3 | 2 | 4 |
| 2 | 3 | 7 | 1 | 8 | 4 | 9 | 6 | 5 |
| 3 | 2 | 9 | 4 | 7 | 5 | 8 | 1 | 6 |
| 8 | 7 | 1 | 2 | 6 | 3 | 5 | 4 | 9 |
| 5 | 4 | 6 | 8 | 1 | 9 | 7 | 3 | 2 |
| 4 | 5 | 3 | 9 | 2 | 7 | 6 | 8 | 1 |
| 6 | 1 | 2 | 5 | 3 | 8 | 4 | 9 | 7 |
| 7 | 9 | 8 | 6 | 4 | 1 | 2 | 5 | 3 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 |   |   | 8 | 5 |   | 9 |   | 4 |
| 2 |   |   |   |   |   |   |   |   |
|   | 4 | 1 |   |   |   | 2 |   |   |
|   |   |   |   |   | 9 |   |   |   |
|   | 6 |   | 2 |   | 4 |   | 8 |   |
|   |   |   | 3 |   |   |   |   |   |
|   |   | 8 |   |   |   | 7 | 4 |   |
|   |   |   |   |   |   |   |   | 3 |
| 7 |   | 4 |   | 1 | 3 |   |   | 9 |

© PUZZLES BY PAPPOCOM

**express**

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | WEB SITE EDITOR—GREG BARBER  
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DESIGN—MARCIA HARDER | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—  
MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY  
TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



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**The National Institute of Mental Health**  
National Institutes of Health, Department of Health & Human Services



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# fit



Tennis star **Martina Navratilova** on being fit after age 50 **E5**

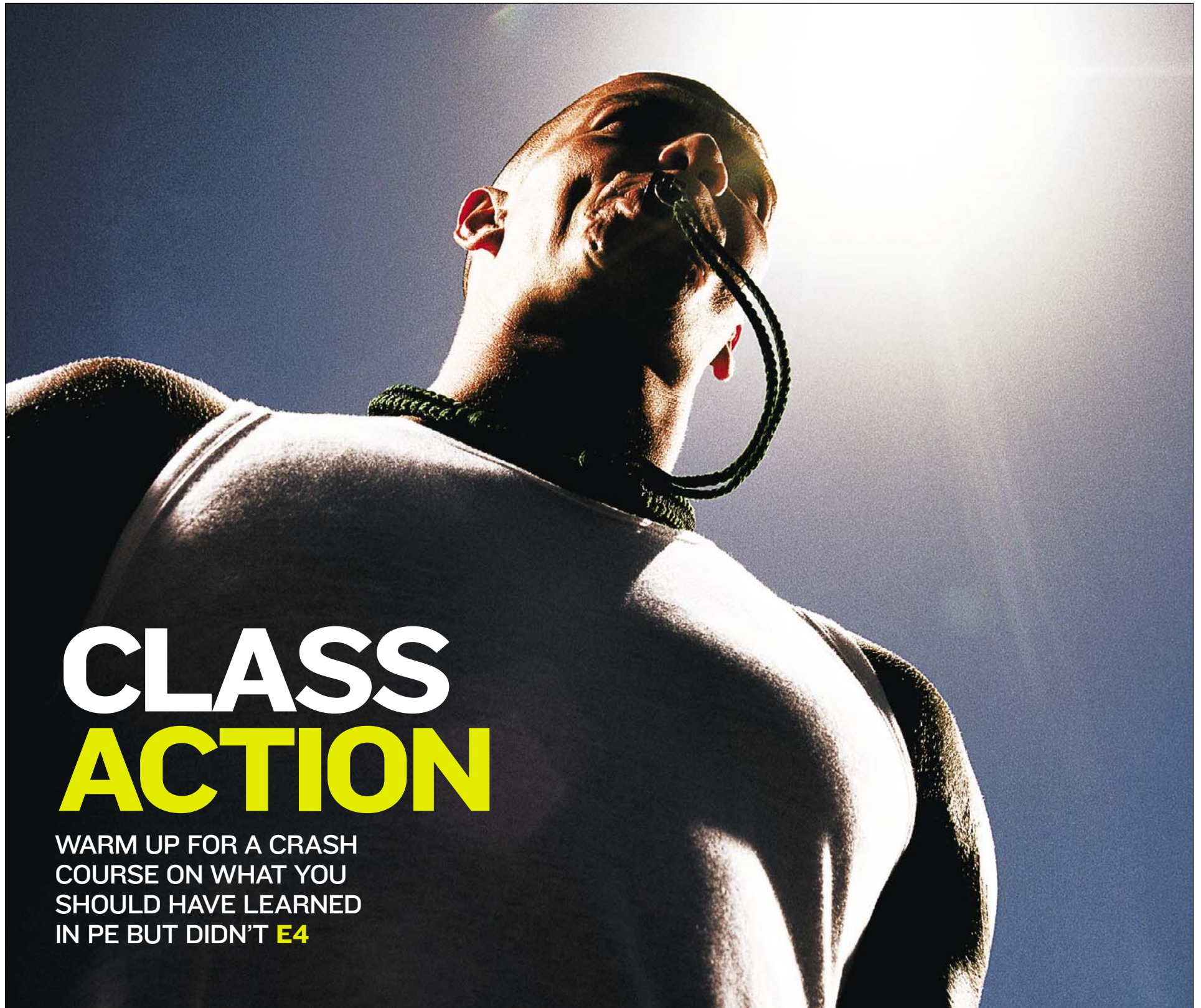
Brew can be good for you, as long as you pick the right ale or stout **E8**



Being broke can have an upside: better health **E11**

**express**

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## CLASS ACTION

WARM UP FOR A CRASH  
COURSE ON WHAT YOU  
SHOULD HAVE LEARNED  
IN PE BUT DIDN'T **E4**



# BaggageCheck



**GOT ISSUES?** DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Boss-Crushes Are Crushing My Career

**Q** I have a tendency to fall for my bosses. Twice I've left jobs because my working conditions became intolerable because of my feelings for my immediate supervisors. I've always had crushes on older, powerful men, but I do not tend to date them. I tend to date immature jerks. I don't even know where to begin in sorting this out. — HELP ME!

Hmm — I've never heard a better rationale for those late-night TV spots about being your own boss!

Actually, it's not a totally alarming situation here, for a couple reasons. You're aware of the pattern, you don't seem to be acting irresponsibly or self-destructively, and the attractions have happened only twice. No, this is not a call to arms to crush your way through every supervisor from here to accounts receiving, but it should serve to



"Hi everyone. My name is Monica and I'm here today to talk with you about the consequences of office relationships."

ERIC REECE

remind you that coincidences happen, and to be infatuated with two bosses does not necessarily mean you are doomed forever to fall for those who ask you to get those reports in by close of business.

Nonetheless, your insights about your attraction to powerful men and your tendency to date a totally different type are important. Perhaps you tend to be drawn to the

opposite, unattainable personification of who you're struggling with in your real-life relationships. Or, perhaps you seek out those relationships because you fear that one with the type you're truly attracted to wouldn't work out, so you sabotage yourself. Finally, maybe (I hear you, Freud, I'm getting to it!) you have some complicated stuff that's gone on with your father.

The only way to know for sure is to do some serious soul-searching, which might be helped by talking with a professional. In the meantime, consider looking for bosses named Mildred.

## The Lying Liar That I Love

**Q** My husband's always lying. Every week, it seems, I find him telling another lie. The one thing that I'm not worried about is him cheating. He's never away from me except when he's at work. He never spends time with his friends — if I don't come along, he doesn't go. The last lie he told was really huge — about his immigration status. I found out in the lawyer's office. I'm ready to get a divorce. I gave him 30 days' notice, but I do still love him because he has so many other good qualities. He's like a little kid who's scared he will get in trouble if he tells me everything. I need some professional advice.

— STUCK

You do need professional advice, and, unfortunately, it has to be more substantial than the few inches of

type I can give you here. You have two admittedly humongous obstacles to overcome as a couple — the first being your husband's apparent dishonesty, and the second being his overdependence on you (a curious mate to his starring role as Lying Lionel). The cherry on the marital woes sundae, of course, is the problems with his legal status in this country, made worse by his own dishonesty.

There is simply no way I can imagine the two of you getting through this without marital counseling; in fact, I would recommend counseling for you even if you have decided for sure to leave him. A 30-day notice deliberation seems great, but what criteria will you use to assess whether a known liar has changed? How will you know your emotions aren't leading you in the wrong direction? And what support will you have if the answers aren't easy? Think of a psychologist as your mental health's lawyer in this case; it'd be an awful thing to deny representation.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

For more information please visit: [www.tm.org](http://www.tm.org)  
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## BRUSH STOKED



There's only one way to hear the tune "If You're Happy and You Know It, Brush Your Teeth." That would be by giving your molars a scrub with Toothtunes Jr. (\$10). The size is right for wee hands and mouths (as are the other song selections — mostly Disney hits), and instilling good behavior is pretty rocking.

## A NUT ABOVE



Sometimes you feel like a nut, and sometimes you feel like one fortified with fiber or calcium. And in those circumstances, you can turn to Snacktrition (\$7 per 9-oz. tub, Snacktrition.com), a line of cashews and almonds that have been coated in extra nutrients and then baked.

## HOT, CROSS 'BUN'



Soda's being referred to as "liquid Lucifer" can only mean Rory Freedman and Kim Barnouin are out with "Skinny Bitch: Bun in the Oven" (\$15, Running Press). The vegan vixens are back, but at least in this case they're advocating gaining weight.

## STEAM DREAM



Home bath or spa? Here's to hoping you won't know the difference if you install one of Mr. Steam's new 200 series towel warmers (Mrsteam.com). Not only will the attractive bars of chrome, bronze or nickel keep your washcloths toasty, but the aromatherapy well atop each unit means they'll smell soothing, too.



## GUINEA PIG



## Muscle Mission

■ Mia Hamm and Amanda Beard endorse MISSION Product Athlete-Engineered Skincare (\$60, Missionproduct.com), so do we have any right to disagree? How could our weak, pathetic treadmill jaunts warrant having an opinion about this five-piece system: lip protector, sunscreen, "revive gel," anti-friction cream and "foot synergy gel"? Nonetheless, we tested three.

While it's unclear what "revive gel" is meant to do, it does infuse skin with a cooling sensation that lasts a few minutes. It was also vaguely moisturizing. The foot gel does the same, but far more powerfully; the ginger-scented goop felt both icy and spicy on tired, calloused feet. Most of the products have no smell at all, however, making them truly unisex.

More obviously and immediately useful is the anti-chafing cream. Our tester can normally withstand a particular pair of shorts for only a three-mile run, due to chafing; she ran six with no trouble at all with the cream. So, we endorse this Mission, sans gold medals or slavish media coverage.

HOLLY J. MORRIS (EXPRESS)



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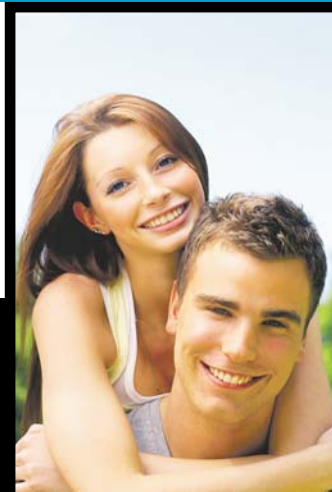
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## THE MISFITS

**I've been working out regularly for the past five years, mostly at the gym. I really like to run, but I often get diarrhea if I run for an extended period of time. Any ideas?**

This is a not-uncommon problem. Your insides take a lot of jostling when you run, and that can shake things loose. This may be obvious, but watch what you eat and drink before and during your run. Some sports drinks, for example, have caffeine (if you are a soda drinker, that is also a source of that stimulant). Caffeine is not what you want. Lactose- and fiber-rich meals are also often behind tummy trouble.

**Whenever I go on a long run (five miles or more), when I step indoors, I smell ammonia. Is this normal?**

This is another one like the diarrhea issue — embarrassing, but pretty darn common in runners. And it's not even scary. It usually just means you haven't consumed enough carbs.

**How do you get rid of your stomach at age 59?**

I suggest keeping your stomach; it's handy for digestion. Are you talking about the fat around it? Don't digest as much: Get a handle on your daily calorie needs (try [Caloriesperhour.com](http://Caloriesperhour.com) for starters) and build a balanced diet around that number — reduce your intake by about 300 to 500 calories to prompt gradual weight reduction. Add an hour of exercise a day, and build the intensity as you can.

**With the start of Ramadan, I was wondering whether you had any advice on how to stay in shape while fasting from sunrise to sunset. I go to the gym about four to five times a week. I would hate to lose everything I have gained during this month.**

To me, it'd be healthier to work around your timetable — wake earlier to get your workout in, or push it to after sunset — rather than try to do much when your body has gone several hours without food and water.

**?** The MisFits, Vicky Hallett and Howard Schneider, chat every Tuesday at 11 a.m. at [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline). Catch up on upcoming events, scientific studies and gymgoers' pet peeves.



Hopscotch may be child's play, but there's nothing wrong with that — even if it's been decades since your last gym class.

## Start Kidding Around

Some PE class lessons that even grown-ups could stand to learn

“Shuttlecock” remains the most amusing word in the English language. But everything else you learned in gym class? Erase that mental chalkboard. PE has wised up over the years, and even grown-ups should consider studying the lessons kiddies are getting these days.

“We used to think we could use one ball for a class of 30 and play kickball. How many times do they touch the ball in that situation? If you only did that much math, how good would you be at it?” asks Fran Cleland, president of the National Association of Sport and Physical Education. “Now we try to maximize practice opportunities.”

Thus, the new trend is toward “small-sided games” — think three to a team, so everyone has to be engaged in kicking and passing — and solo pursuits. Dennis Burstein,

the health/P.E. curriculum specialist for Alexandria schools, boasts that it will be the first school division in Virginia to bring in a skateboarding unit this fall. That's in addition to bicycle riding tutorials, climbing walls and power yoga. “We want to promote activities that are good for a lifetime,” he says.

Technology is chiming in, too, in the form of pedometers and heart rate monitors. Teachers are introducing the tools early to help kids understand how their activity translates into calorie burning. The

hope is that message will carry on into adulthood.

No matter the lesson plan, there's also a greater emphasis on ensuring a positive experience for the students so they associate fitness with something other than a mean teacher blowing a whistle.

That's what Mitch Batkin, senior vice president of fitness for Sport & Health, wishes more grown-ups had learned. “With kids, the idea is, ‘Let's get fit while having some fun.’”

**“We used to think we could use one ball for a class of 30.”**

As adults, it's become, “I don't want to do it. It's painful and boring,” he says. Batkin's secret is to forget about reps and sets, and transform your routine into an obstacle course, like a ladder drill followed by 10 push-ups, then tossing a medicine ball.

And there's nothing wrong with flashing back to your favorite recess games. Inez Edwards, director of youth wellness for the YMCA of Metropolitan Washington, tries to emphasize “the playground experience” for her kids. Jump rope, hopscotch and four square keep them active without forcing them into the ultra-competitive matchups, which can be a turnoff. “The guys are intrigued by double Dutch. They want to beat this thing,” she says.

The same goes for parents, she says: “They will come out, put down their briefcases and take off their shoes to go for it.” After all, a rousing game of sharks and minnows beats out a Stairmaster session any day.

VICKY HALLETT (EXPRESS)



### BODY TALK

## Gym Class, Minus the Dodgeball

■ Megan Bellamy Brown has a fantasy about reliving her gym class days. And as co-owner of Alexandria's Mind the Mat Pilates and Yoga (2214 Mount Vernon Ave.; 703-683-2228; [Mindthemat.com](http://Mindthemat.com)), she also has the means to make that happen. The newest class on her studio's schedule: calisthenics (the first session, this Thursday at 5:30 p.m., will be free).

“It's about moves using your body as resistance. These exercises are so good, but in gym class, we were just told what to do and not given techniques,” she says.

Instead of letting students' backs sag in push-ups, or allowing them to rely on their hip flexors (rather than their abs) in sit-ups, they'll get schooled on proper alignment.

The class can address other no-nos that were taught in P.E. for decades, like



It's time to learn the proper sit-up form.

stretching. That old school method of immediately yanking on your cold muscles? Enjoy your pulled hamstring. The scientifically approved method today is a short cardio warm-up followed by a more dynamic stretch.

But there are a few elements from back in the day that Bellamy Brown thinks deserve a comeback, like crab-walking (“great for strengthening the back and opening the hip flexors”) and leap frog (“we didn't know we were getting more hip mobility and stretching the glutes”). And it's hard to argue with that. v.h.



# Serve Them Right

No one needs to tell Martina Navratilova how to defy her age

If you run into Martina Navratilova this week, chances are she'll be on the move. Not just because the legendary tennis player will be in D.C. exercising at the AARP's Life@50+ extravaganza (see box), but also because she'll be bouncing to and from New York so she can compete in the U.S. Open. No wonder the organization for older Americans tapped the 51-year-old as its health and fitness ambassador.



## What's the plan for your session at Life@50+?

I will be doing an exercise regimen. I've been practicing the routine, and it's hard, particularly the arm moves — I'm not Jane Fonda, so I don't usually lead aerobics classes. But this is something they can all do; parts of it can even be done sitting down. It's resistance exercises with body weight, so you control how deep and hard you go, and afterwards, you feel totally rejuvenated.

## What do people 50 and older really need to focus on for fitness?

The biggest thing is frequency. That's what I'll be stressing — 10 minutes a day is better than an hour once a week. But we can't overdo it, of course, because we don't recover as fast as we used to.

## Have you noticed any changes as you've hit the 50 mark?

I'm going through menopause right now, so I get hotter than I used to, and it's harder to cool down. I weigh the same, but I'm less muscle and more fat.

## Are you working out differently?

I've become much more specific for tennis, so I don't spend as much time exercising. I used to train so hard. I



Martina Navratilova has lots to smile about — she's buff, well-fed and over 50.

say defy your age, don't deny it.

## Do you have to deal with imbalances created by tennis-playing?

Tennis players use one side more, and everything gets scrunched up. So, I do Pilates, gyrotonic and core exercises to open everything back

up. I do weights first with my right arm because that's the weaker one. For flexibility, though, my right arm is stronger because it hasn't been shortened by all of the pounding.

## Sounds like you travel a lot — any tips for staying fit on the road?

Just about every hotel has a decent health club. I swim, get on the treadmill or — worse-case scenario — I run on the street. I schedule my day around it because I'm like a Ferrari that needs to run, although I do take one day off a week. It's better to be slightly undertrained than overtrained, but that's not most people's problem.

**“If I can play a sport, that's better than going to the gym.”**

## So, you mainly keep your workouts in the gym?

I like to shock my body, in a nice way, so if I can play a sport, that's better than going to the gym. The gym is good for balance, and I recently got on a stationary bike. I hadn't done that in a while. But my favorite is ice hockey — it's easy on the joints and you get to play on a team, which I don't usually get to do.

## How about nutrition advice?

I'm a food snob, and I like to eat well. I'm in Paris, and I just got the most beautiful mango. They have cherries here the size of apricots. Three of them and you're full. I juice a lot at home. I use lots of ginger. And always lemon because it wakes it up. Cilantro adds great flavor, too.

## Any last health advice for your fellow AARP members?

Don't feel intimidated by exercise. Just start walking. If you can only do five minutes, do that. And then the next day, do six. Build up slowly.

VICKY HALLETT (EXPRESS)

## BODYTALK



## Get Up And Go

■ “If you work out before your day distracts you, your chances of exercising regularly go way up,” says Cedric Bryant of the American Council on Exercise. Wake up your bod with this routine. Warm up and cool down by jogging in place for two minutes.

**CAT-COW POSE** Get on all fours with your hands in line with your shoulders and your knees beneath your hips. Inhale, lifting your head and tailbone so your spine arches slightly toward the floor. Exhale as you tuck your tailbone under, curl your back upward, and let your head hang toward the floor. That's one rep. Do 10.

**SPLIT SQUAT** Stand with your feet shoulder-width apart and your arms at your sides or on your hips. Step back with your left foot and sink into a lunge until your front knee is bent 90 degrees. Push back up, keeping both knees slightly bent. Continue going up and down for 30 seconds and then change legs.

**SQUAT THRUSTS** Stand with your feet hip-width apart. Squat down and place your hands on the floor directly in front of your feet. Jump your feet backward and land in a push-up position. Do one push-up and then jump your feet back toward your hands and return to standing. Do as many reps as you can in 30 seconds. Rest for one minute and then repeat.

**LEANING SIDE PLANK** Stand with your left side a few feet from your bed. Bend your left elbow 90 degrees, lean toward the bed, and place your forearm on the edge of the mattress, stretching your legs into side plank position. Rest your right arm on your side. Hold the position, with legs stacked, for 30 seconds. Switch sides. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## EVENT HORIZON



## The Big 5-0

■ If you thought a moon bounce, streamers and cake made for one kick-butt birthday party, just wait until you see what AARP has scheduled for its 50th. The main event is a celebration on the National Mall this Thursday at 1:30 p.m., where the organization will be feted by a star-studded slate, including Martina Navratilova (of course), Dara Torres (who's still too young to be a member), Sally Field, Buzz Aldrin, Wynonna Judd, Leeza Gibbons and Elder Bernice King, who will be reading an excerpt of her father's “I Have a Dream” speech.

And real fans can devote several more days to the festivities: Thursday also marks the start of the annual three-day Life@50+ extravaganza at the D.C. Convention Center. Regis Philbin opens the floodgates of fun, and feature sessions over the weekend boast mature stars such as Shirley MacLaine, Cal Ripken Jr., Gene Simmons, Earvin “Magic” Johnson and (yep, again) Navratilova. Since folks in this age bracket often have health concerns, expect a focus on living well: Bob Harper from NBC's “The Biggest Loser” will talk fitness, nutritionist Joy Bauer will have tips on grocery shopping, and various doctors will chime in on Medicare, cancer, prescription drugs and sex during menopause. V.H.



# Be Pre-Paired for Any Sport

Workouts just got more comfortable with socks that wick and cushion

Your pits aren't the only things that produce sweat when you exercise. According to the American Academy of Podiatric Sports Medicine, each foot gets bathed in up to a pint of perspiration during athletic activity (the sweat comes from both your tootsies and drippage from your legs).

Wearing a pair of cotton socks during a workout will leave your feet damp, uncomfortable and often sporting a blister. Technical socks — while costlier than a six-pack of cotton numbers — can send sweat packing, support your arches and cushion the blow of every step. Here are a few with socks appeal.

## Hiking

■ **SOFT GOING** Teko EcoMerino Wool Women's Light Hiking Crew (\$17, Tekosocks.com). This pair offers a pillow of protection between your

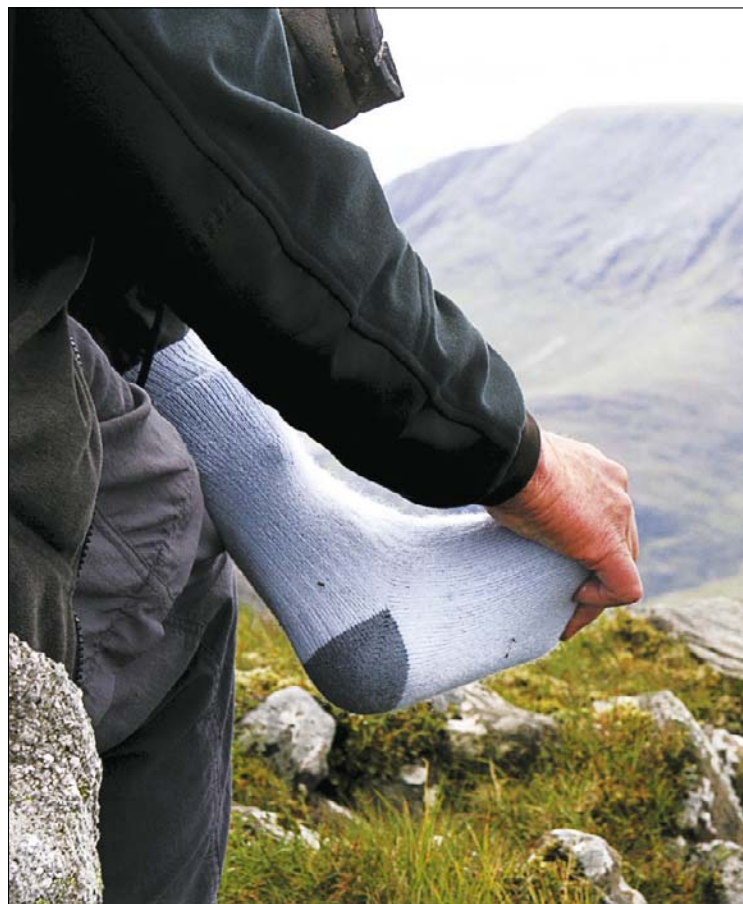
soles and the rocky trail. Spun with recycled polyester and Merino wool in a wind-powered plant, they're also as green as can be.

■ **BLISTER BUST** Keen Mt. Airy (\$17, Keenfootwear.com). Anatomically engineered to fit each foot, these eco-friendly socks — recycled polyester and organic cotton are in the mix — are free of blister-causing seams across the toe. A thin wicking layer cranks the AC on hikes.

## Snow Sports

■ **TOASTY TOES** SmartWool PhD Snowboard Light (\$20, Smartwool.com) This toasty wool-and-nylon blend is sectioned to match the needs of a boot-bound foot. Mesh windows keep air flowing, assuring this is one pair you won't kick off.

■ **HIGH AND DRY** Burton Lightweight Sock (\$18, Burton.com). Offering support around arches and ankles, these thin synthetic socks — wear them solo on sunny days or as a first layer on chillier ones — keep feet dry, no matter how much you sweat the moguls.



Shoes often are blamed for foot pain, but bad socks can cause sore tootsies, too.

## Gymming

■ **CUSHY COTTON** New Balance Cotton Color Block Socks (\$9 for a 2-pack, Newbalance.com for stores). Cotton lovers are a devoted bunch. Stay true with this pair — made of a cotton-polyester blend and sporting a bottom layer of cushion to take the jolt out of stair-climbing.

■ **BARELY THERE** Brooks Gossamer Ped (\$10, brooksrunning.com). The only time you'll notice these barely there numbers — a nylon-Lycra combo with a second-skin fit — is when you take them off to shower.

## Running

■ **BLISS** North Face Arnova Quarter (\$15, Thenorthface.com). The "spider web" cradles your arch, while the lattice pattern across the top of the foot adds an extra layer of padding.

■ **MADE-FOR-SPEED** Bridgedale X-Hale Speed Diva (\$16, Garmontusa.com). These made-for-speed socks have soft, cloud-like layers underneath your balls and heels (to ease the impact on your joints) and around your ankles (to prevent hot spots on the heels).

DIMITY MCDOWELL (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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#### Best Hops Delivery Vehicle

■ **AVERY MAHARAJA IMPERIAL INDIA PALE ALE:** Hops help cut sweetness in a beer, delivering a crisp citrus-

and-pine kick. But the cone-shaped hops flower is more than just a flavor savior. Researchers have shown that it's also a significant source of cholesterol-lowering, cancer-fighting and virus-killing compounds called polyphenols. In our taste test, the winner was a smooth, fruity India Pale Ale (IPA) brewed with 8 pounds of hops per barrel. It boasts 80 times the hops of a mass-market lager.

#### Best Low-Cal Beer

■ **BEAMISH IRISH STOUT:** The typical low-cal beer is run through a deflavoring machine on its way to the bottle. Darker beers have a major advantage: They're relatively low in alcohol and have thick, creamy,

smoky finishes. When the cans were emptied, Beamish stood tall. It contains about 130 calories per 12-ounce can, but with a full flavor and sturdy dark-chocolate notes.

#### Best Organic Beer

■ **WOLAVER'S INDIA PALE ALE:** Today's megabrewery beers are anything but pure. A 2003 FDA study found that 27 percent of barley and 32 percent of nonorganic wheat products carried pesticide residues. What's worse, a loophole in the USDA organic-certification standard allows pesticide-grown hops. Our winner, an IPA with a pleasant aftertaste, is made with wheat from organic farms near the brewer's Vermont facility.

#### Best Alterna-Brew

■ **HE'BREW ORIGIN POMEGRANATE ALE:** Our top pick features the antioxidant-laden super-fruit pomegranate, shown to combat cancer and lower your risk of Alzheimer's and heart disease. Brewers dump more than 150 gallons of pomegranate juice into every batch, giving the final product a raspberry-like flavor that allows the malt and hops to come through.

#### Best Bottle-Conditioned Beer

■ **BROOKLYN BREWERY LOCAL 1:** With bottle-conditioned beers, brewer's yeast is added right before the bottle is closed, reigniting the fermentation process. The result: deeper flavors, extra effervescence and many health benefits — the yeast is a rich source of B-complex vitamins, protein and minerals. As a probiotic organism, yeast helps your body break down nutrients, regulates your digestive system, maintains your nervous system and even helps modulate blood-sugar levels. Oliver's Local 1 won with a balanced blend of spices and subtle malt flavors. Bonus: Its brewmaster uses twice the yeast.

#### Best Dark Malt

■ **TRAPPISTES ROCHEFORT 8:** The smooth, deep finish of a dark malt develops during the same high-temperature roasting process that fuels the formation of antioxidants. A 2003 study showed that stouts, porters and browns contain more than twice the antioxidants of lagers, on average. What's more, antioxidants in beer are better at reacting with toxic free radicals than the ones in antioxidant vitamin pills. The Rochefort's creamy cocoa and caramel notes won us over. **MATT ALLYN & MATT BEAN** (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

### LOCAL FLAVOR



### Quaffing Green

■ As the summer winds down, the haul from gardens and farms is in its prime. Early September is an excellent time to stuff everything from salads to sandwiches to pies with fresh fruits, veggies and herbs. The Fairmont Hotel (2401 M St. NW; 202-457-5019) is taking advantage of this bounty in an unexpected way: on its drink menu.

The new "Going Green" cocktails (\$12 apiece) are all made with certified organic liquors, fresh-pressed juices, and berries. Each of the sips sports hotel-grown herbal garnishes like basil, jasmine and cilantro. The "Jammin' Jazz," for instance, is made of Blue Coat organic gin, local orange and lime juices, and jasmine. It's an unconventional combo that makes for a "very refreshing" drink, says the Fairmont's assistant food and beverage manager, Claire Wetherell, who envisioned the "Going Green" menu. "You'd be surprised at how well botanicals and greens lend themselves to the cocktails' flavor."

So, are they any healthier than non-organic concoctions? "Probably not," says Kathy B. Glazer, owner of Glazer Nutrition Counseling Services in Falls Church. "Even if the alcohol is all organic, it still has the same properties of alcohol, and people who abuse alcohol are still going to face the same consequences." The fruit and fruit juices might add a little nutritional bonus to the drinks, but the amount of fruit in them is still "miniscule," Glazer says.

The Fairmont's true focus with its organic cocktails is the drinks' locally sourced and sustainable origins, anyway. So, even if they aren't any healthier than your average libations, at least they're good for the environment.

KATIE ABERBACH (EXPRESS)

### → EATING IN

#### Pork Chops with Pear

TIME: 40 MINUTES, SERVINGS: 4

**INGREDIENTS:** Four center-cut, boneless pork top loin chops, 1/4 tsp salt, 1/4 tsp pepper, 2 tsp olive oil, 1 small yellow onion, cut in half lengthwise and thinly sliced, 2 tsp brown sugar, 1 large pear, peeled, cored and chopped, 2 tsp chopped fresh rosemary, 3/4 cup apple juice, 1 tsp cider vinegar, 2 tsp Dijon mustard.

**SEASON THE PORK** with salt and pepper. In a large nonstick skillet, heat the oil over medium-high. Add the pork and cook until they are just barely pink at the center, six to eight minutes per side. Transfer the chops to a plate and cover with foil. Reduce the heat to medium-low. Add the onions and brown sugar to the skillet and cook, stirring constantly, until the onions are golden-brown, about five minutes. Reduce the heat if the



onions begin to burn. Add the pears and rosemary, and cook until the pears are just tender, about two minutes. Add the apple juice and vinegar, then simmer until the mixture is reduced and slightly thickened, about two to three minutes. Stir in the mustard. Return the pork chops to the pan and turn to coat with the sauce. (AP)

**# 237 calories, 23 g protein, 17 g carbs, 8 g fat, 61 mg cholesterol, 254 mg sodium, 2 g fiber**



# Fighting Foods

They're all strong contenders, but it's time to pick nutrient champs

You know it's healthier to choose whole-wheat bread over Wonder white. But when you're choosing between two similar foods, it's not always obvious which is the most nutritious. So, we're stepping up to the plate. Armed with recent scientific findings and the help of nutritionists, we've found the nutritional winners in food pairs you encounter every day.

## Multigrain Bread Vs. Sourdough

Sourdough may tempt your taste buds, but it's really little more than dressed-up white bread. Both have about 80 calories, negligible fat and 3 grams of protein per slice, but the multigrain delivers about two times more fiber than the sourdough. Make it into a sandwich and you've nabbed about a quarter of your recommended daily fiber intake.

## Vodka vs. White Wine

"A glass of wine or a shot of vodka have about the same amount of alcohol," says Steven Aldana, professor of Lifestyle Medicine at Brigham Young

University. "But unlike vodka, wine contains phytochemicals, which may provide additional protection against certain cancers and heart disease." Wine (both white and red) has also been shown to ward off dementia and improve lung health, thanks to hearty doses of flavonoids and pterols, which act like antioxidants.

## Egg Whites vs. Beaters

Just about all egg substitutes far outshine plain old whites. "Most nutrients in an egg are in the yolk," says Ellie Krieger, author of "Small Changes, Big Results." "Take that out and you're left with an excellent source of protein, but not much else." A three-egg serving of Egg Beaters provides eight times the calcium and double the potassium of three egg whites, for just an extra 40 calories.

## Ketchup vs. Mustard

"The United States Department of Agriculture pronounced in 1981 that ketchup is a vegetable, and we all had a good laugh!" says Luise Light, author of "What to Eat." "But if they had chosen mustard, they might have had a better case nutritionally. Mustard has more protein, fiber, calcium, iron, magnesium, potassium, zinc, copper, manganese, selenium and B vitamins, and less sugar than ketchup."



Sourdough is no match for the fiber punch you'll get from a slice of multigrain bread.

## Soy vs. Fat-Free Milk

Unless you're lactose intolerant, stick with the cow. A cup of either milk has about 100 calories and 8 grams of protein, but the soy kind has 4 more grams of fat. What's more, "most soy milk has added sugar," Krieger says, "and some brands aren't fortified with vitamin D or calcium."

## Chicken vs. Pork

Pork breeders have responded to consumer health concerns by offering leaner cuts, but the original white meat still wins. "A chicken breast has 25 percent less fat and half the calories of a pork chop," Light says. The bird also has nearly triple the amount of vitamin A

and niacin, which may help ward off Alzheimer's disease.

## Romaine vs. Red Leaf

Any lettuce other than iceberg (the nutritional equivalent of Saran wrap) is nutrition royalty. But romaine triumphs because it's packed with eight times as much vitamin C and almost four times as much folate, which can help ward off birth defects.

## Feta vs. Goat Cheese

Ounce for ounce, these gourmet cheeses carry nearly the same amount of calories (75) and grams of fat (6). But the goat trounces the Greek with nearly half the cholesterol and a third the sodium per ounce. The average American consumes more than twice as much sodium as recommended each day (between 1,500 and 2,400 mg), which can raise blood pressure and put you at increased risk for a heart attack.

## Cupcake vs. Cookie

Your standard sugar cookie has 160 fewer calories than a vanilla cupcake and 7 fewer grams of fat. And we haven't even layered on the frosting: 2 tablespoons of chocolate icing doubles the fat content and packs on another 160 calories. But try to kick up the cookie health quotient with oats, raisins, nuts, peanut butter or even chocolate. ALLISON WINN SCOTCH (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

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A photograph of a woman's legs from the knee down, wearing a white, fringed dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

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## STETHOSCOPE

## PAIN

## Carry-on Baggage

■ Endless security lines, liquid bans and the airlines' nickel-and-dime ways are indeed a pain. But a recent Israeli study on headaches associated with air travel deals with the kind that throb in your skull. It turns out that 6 percent of those surveyed reported a headache associated with plane travel, so researchers from Bnai Zion Medical Center estimate the headaches could affect more than 100 million people. Possible culprits: barometric pressure, engine noise, poor air quality and, of course, stress.



## FOOD

## General Tso's Belly

■ Orange chicken may be delicious, but it isn't good for you — and if it comes with a helping of tasty monosodium glutamate (you know, MSG), there's a chance it'll make you fatter than other varieties of fried yumminess. That's because a report in the journal *Obesity* indicates that those who eat large amounts of MSG are more likely to be overweight than folks who steer clear of the flavor enhancer.

## INSECTS

## Universal Stench

■ Perhaps you've slathered yourself with a bug repellent fortified with DEET to keep those rascally mosquitoes at bay. But you probably didn't know why you did it, because scientists didn't really know either. Until now — a study published in the journal *Proceedings of the National Academy of Sciences* declares that mosquitoes turn away from the chemical because they don't like the smell. This debunks the theory that DEET messes with the bugs' sense of smell so they can't target flesh effectively and thus forget about biting.

# Bad Economy, Good Health

Why lost jobs and wages may make Americans fitter and slimmer

Unstable times breed worry and stress, so there should be worry and stress aplenty right now. Nearly eight in 10 Americans think the country is headed in the wrong direction, according to a Gallup poll in August, and with the national unemployment rate up to 5.7 percent in July, millions of still-employed people who thought they were safe might fear a Dickensian poorhouse closing in on them.

You'd think that the health of the nation would suffer, too, what with emotional stress and less money for medical appointments, gym memberships and healthful food. And in certain ways, health does worsen in times of economic uncertainty. Medical science has accumulated a solid body of research showing that poverty and unemployment lead to higher rates of obesity and more cases of diabetes, asthma, kidney disease, cardiovascular disease, some cancers — the list goes on.

But strange as it may seem, bad times can also be good for health. Statistics show that as economics worsen, traffic accidents go down, as do industrial accidents, obesity, alcohol consumption and smoking. Population-wide, even deaths from heart disease go down during recessions.

"Deaths go down when unemployment goes up," says Christopher J. Ruhm, professor of economics at the University of North



An empty wallet means less cash for booze and cigarettes, so you'll behave better.

Carolina at Greensboro, who for the past few years has been publishing counterintuitive and controversial papers on the economy and health. Put total mortality numbers on a spreadsheet, he's found, and the population's physical well-being improves as measures of economic health dip.

No one — certainly not Ruhm — is arguing that recessions are good. For unemployed individuals and for people who fear financial disaster, the outcome is mixed. Mental health worsens even for

the vast majority who maintain their jobs, as the onslaught of bad news causes anger, anxiety and depression. And prenatal problems increase, leading to more miscarriages and higher infant mortality rates.

But even as people are worrying more, they're smoking, drinking and driving less, reducing their risks of heart disease, liver disease and car crashes. People who have lost jobs likely cut back because of lost income, whereas those still employed may be cutting back as

they stare down inflation and stagnant incomes.

Deaths from some diseases, such as cancer, seem to be unaffected by the ups and downs of the economy, studies generally find. That's probably in part because it takes years or decades for cancer to form —

“Risky activities, such as driving, increase in good economic times.”

too long a lag to be tied clearly to a temporary economic downturn or upswing. Also, the majority of cancer deaths are among people older than 65, who are most likely out of the work force and less susceptible to the cost-cutting whims of an employer.

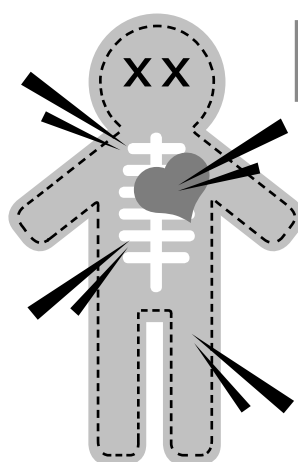
But deaths, overall, do decrease when times turn bad, Ruhm has found in studying statistics from the United States and the 23 developed nations of the Organization for Economic Cooperation and Development.

One of Ruhm's theories is that in hard economic times, fewer jobs mean fewer factories spewing pollution. "Short-term changes in pollution have been tied to heart attacks," he says.

Another factor that improves public health during hard economic times is people's imbibing less. That is to say, people who typically drink a lot of alcohol start drinking less of it. Ruhm speculates, in a July 2002 paper in the *Journal of Health Economics*, that however much economic stress may send people to the bottle, the impulse is offset by money worries and a need to spend less on alcohol.

In addition to the health benefits from lifestyle changes, traffic accidents also go down when fewer people are working. "Risky activities, such as driving, increase in good economic times," he says.

Still, Ruhm's findings remain controversial. But even skeptics agree that people who hang on to their jobs when unemployment goes up start behaving better. It can serve them well. SUSAN BRINK (LOS ANGELES TIMES)



## hypochondriac

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